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READERSHIP Metro Halifax continues to be a hit with readers. Weekly readership of the free daily newspaper in the Extended Market Area has increased by five per cent from last year to 182,900 readers, according to results released yesterday by the Newspaper Audience Databank (NADbank).

Daily readership of Metro Halifax has also remained steady at 64,600 readers in the EMA and the paper continues to have the highest penetration of any free daily in Canada, reaching more than one-third (37 per cent) of all Haligonians over the course of five days.

Nationally, Metro Canada stands as the most read national daily newspaper in Canada — reaching 1.3 million readers daily and more than 2.7 million weekly. That's a growth of 12 per cent for both readership groups from last year's figures.

METRO HALIFAX

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SCAN LIFE
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Canada pg 6

Parity here to stay: Experts

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St. Paddy's Day Going gaga for the green



Brad Stephens from Fall River belts out Barrett's Privateers yesterday as he sings along with musicians Evans & Doherty at the Old Triangle. Stephens and his friends were in line at 6:30 a.m. in order to get in to the popular pub on St. Patrick's Day. **More, pages 4, 9.**

Golden puck arrives at hockey's Hall

OLYMPICS Flashbulbs popped and children cheered as retired NHL star Ron Ellis cradled it in his hands, which were sheathed in white gloves to prevent fingerprints from being left on what is likely the most adored six-ounce piece of rubber that has ever been welcomed into the Hockey Hall of Fame.

The puck

After passing through a series of hands on more than one continent, the puck Sidney Crosby fired to win gold for the Canadian men's hockey team at the Vancouver Olympics reached its new home in Toronto. Ellis, the director of public relations at the Hall of Fame, placed it on display yesterday.

"Now this little puck," he told a crowd of dozens, "it's causing quite a fuss."

It was retrieved by a Finnish linesman after Crosby scored in overtime against the U.S., securing a 3-2 Canada win. The linesman kept it, but ultimately gave it back to the Swiss-based International Ice Hockey Federation.

Officials announced earlier this week that it would be handed over to the Hall.

The puck was placed in an enclosure down the stairs from where the Stanley Cup makes its home. It will share a display case with a pair of socks worn by Canadian forward Dany Heatley, gloves worn by defenceman Drew Doughty and a variety of similar souvenirs.

THE CANADIAN PRESS

'Mission accomplished'

HMCS Athabaskan returns from 8 weeks in quake-ravaged Haiti

ALEX BOUTILIER
for Metro Halifax

HMCS Athabaskan returned to Halifax yesterday morning, marking the end of an eight-week mission to Haiti.

And, as Cmdr. Peter Crane put it, "mission accomplished."

The 240-person crew was welcomed back by family and friends standing on a sunlit navy dockyard pier. As the ship pulled in, cheers and greetings were shouted back and forth between the pier and the deck.

The ship was docked



HMCS Athabaskan crew member Lt. Daniel Willis is welcomed home by his son Gabriel, 2, and wife Melanie.

outside of Léogâne, a small city near the epicentre of Haiti's Jan. 12 earthquake. Crane said the buildings in

the area were almost completely destroyed.

"The areas that we were working in were incredibly devastated," he said. "Ninety per cent of the houses are uninhabitable."

Upon arrival, Crane's crew focused on delivering medical supplies, water and food to Haitians. Later, they turned their attention to building shelter, including four orphanages. Crane said while the Haiti they left had a long way to go, he was proud of the work they did.

"We have left it better," he said. "Is it better over the long term? Don't know. It's too big a ques-

tion to answer ... but from what we saw on the first day, on the 19th of January, when we flew over that city and when we walked around? It is in better shape."

Crane said the mission profoundly affected his crew, so much so he decided to slightly alter the Athabaskan's motto.

"The ship's motto is 'We fight as one,' and after about three or four days in Haiti, I realized that that deserved to be modified," Crane said. "'We help as one.' We flew that signal on our flag ... when we came up the harbour this morning."

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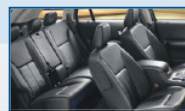
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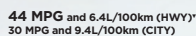
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3

Local



Regan made Liberal caucus chair

Kelly Regan, left, is the new caucus chair for the Nova Scotia Liberals. The rookie MLA for Bedford-Birch Cove replaces Dave Wilson, who abruptly resigned from his seat last Friday and retained a lawyer after being contacted by the auditor general's office, which is doing a forensic audit into MLA expenses. Along with her new position, Regan will continue to serve as the party's critic for education, labour and workforce development and the Advisory Council on the Status of Women. METRO HALIFAX

News in brief

THEFTS Halifax Regional Police are investigating a pair of robberies in the city Tuesday night. Police say the first incident took place at 2285 Göttingen St. just before 10:30 p.m., as a person was punched in the face by three men looking to take his money. Less than 30 minutes later on Brunswick Street, police say four teenage males approached a person, with one punching the victim in the face. Police say the men then tried to steal the victim's guitar, but got rid of it a short distance away. There have been no arrests and it's not known if the thefts are related.

ARREST Halifax Regional Police arrested a 15-year-old male youth last night after someone robbed the Needs convenience store with a knife on Lacewood Drive in Clayton Park. Police say an officer saw a male running through the store parking lot and almost immediately a call came in about the robbery. The youth was arrested by the officer and is now facing charges of robbery, possession of a weapon for a dangerous purpose and wearing a disguise. METRO HALIFAX

Woman's gun charges axed

But 25-year-old's involvement in shooting not ruled out: Police

ALEX BOUTILIER
for Metro Halifax

Police have dropped accessory and gun charges against a 25-year-old North Preston woman arrested in connection with a shooting in north-end Dartmouth Tuesday night.

Samteene Geneva Smith was arrested by Halifax Regional Police at about 9 p.m. Police say she was pulled over for driving a silver SUV, which matched the description of a vehicle seen fleeing the shooting in Nova Court about 40 minutes earlier.

Smith appeared in Dartmouth provincial court yesterday on the lesser charge of breaching of recognition.

But police spokesman Const. Brian Palmeter said investigators haven't ruled out the possibility Smith was involved in the shooting.

"Basically, at this point, there's additional things that need to be done by our investigators before we lay any charges," he said. "We haven't ruled out any other charges being laid ... in connection with this."



A Halifax Regional Police officer takes measurements yesterday morning as he investigates a shooting on Nova Court in Dartmouth. Police responded to a report of gunshots Tuesday night and found shell casings on the road. No one was injured in the shooting, but four homes were hit by bullets.

A forensic identification team was on scene for much of yesterday, and Palmeter said they would be examining the vehicle Smith was driving.

Just before 8:30 p.m. Tuesday, police received reports of multiple gunshots in the area of Nova Court near Wyse Road and Boland Drive. No one was injured in the shooting, but bullets hit several homes on Nova

Court, Canso Lane, Deme-treous Lane and Green Road.

Palmeter said police don't believe any of the homes hit were targeted, but stray bullets are always a troubling thing.

"There's a lot of families living in (the area), a lot of children," he said. "Certainly the fact that these houses were hit is concerning to us, especially given the fact

there's quite a large number of kids and (this was) obviously putting the innocent public at risk."

Police are trying to track down two suspects in relation to the shooting. They are described as two males in their 20s. Police say they fled the area in an SUV driven by a woman.

Palmeter said police are still trying to determine the intended victim.

RCMP seize firearm following traffic stop

CRIME Halifax RCMP seized a handgun after a routine traffic stop led to the search of three adults Tuesday night.

RCMP spokesman Cpl. Joe Taplin said officers pulled over a vehicle for a traffic violation on Forest Hills Parkway in Cole Harbour

around 11 p.m., and initiated a search after the driver appeared nervous. In total, there were two adult males, an adult female and a three-year-old child in the vehicle. Taplin couldn't say whether the incident was connected to the shooting in Nova Court in north-end

Dartmouth earlier Tuesday night.

"At this time right now we don't think it's related, but we could never rule it out until ballistic tests are done," Taplin said.

Taplin wouldn't say the make of the weapon, or if any bullets were missing

from the chamber, but confirmed the gun was loaded.

Dartmouth's Corvelle Galbraith, 22, has been charged with possession of a restricted weapon and will appear in court at a later date.

ALEX BOUTILIER/
FOR METRO HALIFAX



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Association chief bemoans lost conventions

BUSINESS The president of the Hotel Association of Nova Scotia said yesterday the lack of a modern convention centre in downtown Halifax has reduced the province to a "B-level convention market."

Jeff Ransome said in a release the World Trade and Convention Centre is outdated, resulting in the province losing convention business. "Size and other limitations have reduced us to a B-level convention market in the eyes of meeting planners," he said. "This has resulted in the loss of approximately 70 major conferences in the last three years alone."

Ransome said the lost conferences hurt the hotel industry. The province and city are also losing out on revenue, he added.

Ransome said the WTCC has generated \$975 million in revenues and \$40 million in provincial tax revenue since 2000 — but a new facility has the potential to yield more.

METRO HALIFAX

metronews.ca

WHAT'S ONLINE TODAY

Video As the loonie chases down the U.S. dollar, many experts think parity will be here for the long haul at metronews.ca/canada



Lotteries

Lotto 6/49: 5, 6, 21, 38, 42 & 45 Bonus 46. These results are not official.

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Halifax Regional Police are looking for two men suspected in an assault near Maitland Street and Divas Lane. Police say the victim was approached by two men who assaulted him. The victim received facial injuries, and the suspects were able to flee the area. **METRO NEWS SERVICES**

On March 17, the whole world's Irish

Metro hits the pubs early with some of HRM's most hardcore St. Patrick's Day revellers



PAUL MCLEOD
paul.mcleod@metronews.ca

9 a.m. — “Lá Fhéile Pádraig Sona Duit,” says Joe Murphy, which is Gaelic for “Happy St. Patrick’s Day to you.”

Sitting at Celtic Corner in Dartmouth, where even the urinal cakes are green, Murphy and his wife, Cat, are one of a growing crowd of revellers.

The annual Irish holiday is a big event for the 56-year-old Saint Mary’s University Gaelic professor. He recounts how it began as a quiet, religious holiday but then became a celebration in North America.

“It happened here because people were celebrating the fact that they’re Irish. Whereas, in Ireland, of course everybody’s Irish so they don’t really have to celebrate it,” he explains.

For him, it’s a day to celebrate Irish heritage.

Sitting nearby, 72-year-old Steve Carew recounts how his ancestors came from Ireland to Halifax in 1845. Like many others,

they came to Canada poor and joined the working class.

“Not that we’re celebrating coming from poverty to good times, but it kind of reflects the spirit that took them along,” he says. “They loved to sing, they loved to dance, they loved the fiddle.”

11 a.m. — On Argyle Street in Halifax, the Irish bar Durty Nelly’s is packed full of people with that certain glow of having drank several beers but not yet eaten lunch.

Knowledge of St. Patrick here is a bit ... fuzzier.

“To be honest, I don’t think anyone here knows anything about St. Patrick,” said Dalhousie University student Mike Devlin. “I know he was Irish ... that’s all I know, honestly.”

His friend Jon Levy elaborates. “He did good things for the Irish people,” says Levy. “They have potatoes in Ireland. There’s also North Ireland and non-North Ireland. One is an island that’s part of the U.K., one is not, and they fight

Above: Robin Gallant, left, and Julie MacDonald are all decked out for St. Patrick’s Day at Durty Nelly’s pub.

Right: Steve Carew tips his hat at the Celtic Corner in Dartmouth.

with each other.

“But pretty much I know that St. Patrick grew potatoes,” he says.

The bar is awash with green top hats, lei necklaces and in one case a hat

have taken their toll. Heather, from Dartmouth, has been at the bar since seven and is on her eighth drink.

“Well, my grandfather’s Irish. He was from Ireland

“There’s 364 days of practice for this day.”

Partygoer Ken Drew

that seems to be a big, green cabbage. Shirt slogans range from “Kiss me, I’m not Irish” to simply “rub for luck.”

More and more interviews begin to end with “my boss can’t see this, I’m supposed to be at work.”

12:20 p.m. — St. Patrick’s Day at the Old Triangle is an institution. It opens at six in the morning and a lineup gathers soon afterwards. By noon that line has sprawled to over 50 people.

By now the festivities

— for reals! — and I feel like, to honour him, I should go out and get really drunk and have a good time,” she says.

To these people, starting early is an obligation and partying all day is a mandate.

“There’s 364 days of practice for this day,” says one reveller named Ken Drew, though his business card depicts



him as Pat McCrotch, certified Guinness taster and penny pincher.

Like many others, Drew/McCrotch started the day with an Irish breakfast — a.k.a. breakfast combined with liquor — and will spend the next several hours bar hopping. It’s a day to take having fun seriously, and he shows it by wearing a bright, shimmering green suit.

“It’s huge,” he says of the holiday. “It’s the only day I can wear this f—ing suit.”

1:30 p.m. — Daytime drinking isn’t just for bars. Green-clad students line the so-called student ghetto near Dalhousie and King’s in Halifax.

“I had class that I had to go to this morn-

ing. I am studious, but I decided to skip my next one because I have to celebrate my heritage,” said Dalhousie student Taryn McKenna.

McKenna and several friends are relaxing on a second-floor balcony on Walnut Street. At the nearby corner of Preston and Jennings a team of girls just beat a bunch of guys at a flip cup competition and are mocking them.

It’s a bit of a down period. There’s already been one keg party and the itinerary calls for another soon.

Jacqueline Norris of Kingston, Ont., is visiting a friend and an East Coast display of Irish pride for the first time. She likes what she sees.

“I’d never had St. Patrick’s Day in Halifax,” she says. “But it’s way better than St. Patrick’s Day in Ontario.”

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Teen injured in collision with car

Police say a car struck a 15-year-old male as he ran across Cumberland Drive in Cole Harbour Tuesday afternoon. The youth wasn't in a crosswalk, say police, and the car allegedly didn't have a chance to avoid the teenager. The youth suffered a foot injury. **METRO HALIFAX**

Don't blame it for review delay, HRP tells RCMP

Statement issued after RCMP fails to do review of officer in shooting

Halifax Regional Police says it's not to blame for any delays related to the RCMP's disciplinary review of an officer who fatally shot a man in Cape Breton.

But the national force says it was never critical of the length of time HRP took to conduct its external investigation into the shooting.

An HRP investigation cleared RCMP Const. Jeremy Frenette of any criminal wrongdoing in the 2008 shooting of John Simon on the Wagmatcook First Nation, but there was no disciplinary review of his actions.

The Mounties have said they didn't launch a disciplinary review within one year — the time limit imposed by the federal law governing the force — because they were waiting for the HRP investigation to finish.

But HRP issued a statement yesterday to counter any possible perception it is somehow at fault that the RCMP didn't commence a timely disciplinary review.

"The independent investigation conducted by Halifax Regional Police was a lengthy and complex process that required consultation with various outside agencies," the HRP said.

"However, this in no way precluded the RCMP from commencing their own internal investigation into the

Complaints

• The RCMP public complaints commission has launched an investigation into the shooting and the national force's handling of the matter.

officer's actions. Furthermore, throughout the investigation, the RCMP was given full access to the investigative materials and should have been aware of potential concerns.

"The RCMP has indicated there is a gap in their processes as it relates to this matter and we concur." The RCMP issued a statement later saying it recognized the complex task that faced Halifax police.

"Nova Scotia RCMP have never criticized the length of time that Halifax Regional Police required to complete the investigation," the RCMP said.

Frenette shot Simon, a 44-year-old Mi'kmaq who police say was drunk and potentially suicidal, three times after entering his home Dec. 2, 2008.

In its investigation, HRP concluded Frenette shot Simon in self-defence. But it also said Frenette contravened RCMP policy, noting he entered Simon's home despite his supervisor's instruction not to do so.

THE CANADIAN PRESS

Staffing issue may have led to forest fire: CBC

EVACUATION An email written by a Halifax fire chief suggests a staffing problem may have led to a raging forest fire last spring that destroyed several homes and forced 1,100 residents to flee.

The CBC reported yesterday that a Halifax Fire Service crew went on April 29 to extinguish a brush fire caused by a campfire off the Herring Cove Road on the outskirts of the city.

They put the fire out and returned the next morning to check for possible flareups.

At 11 a.m., the crew decided it was safe to return to its fire station for lunch, but when lunch was over it couldn't return immediately to the woods to check the site again.

In an email obtained by the CBC, Chief Bill Mosher wrote that the crew had to "arrange for a cover and that may have delayed their return to the scene of the original fire."

"A cover" means the crew had to get another crew to mind the station before it could leave.

At 1:45 p.m., a 911 call reported smoke coming from the area before the crew could return.

The fire quickly spread and raged out of control for two days.

Halifax Regional Fire Service told the CBC that despite the reference to a delay in Mosher's email, everything went according to procedure and it had no bearing on the fire.

THE CANADIAN PRESS

Country queen McBride shines



Country music star Martina McBride performs at the Metro Centre last night as part of her Shine All Night tour. Canadian country singer Gord Bamford was the opening act.

County's hit from jail loss in millions: Report

CUMBERLAND A consultants' report is backing up what municipal leaders have been saying all along about the economic impact of the loss of the Cumberland County Correctional Centre.

In an economic impact assessment completed for the county's five municipal units, Canmac Economics

Limited said the provincial Justice Department's decision to build a new 100-bed jail outside Cumberland County will have a \$1.8-million impact in direct costs and a \$2.44-million hit in direct and indirect costs. When that's added to the loss of the replacement facility, the economic hit is much higher.

Justice Minister Ross Landry announced last December plans to build one \$31.3-million jail to serve clients from the New Brunswick border to Richmond County, Cape Breton.

Department spokesperson Jennifer Gavin said an announcement on the jail's location should be made soon. **AMHERST DAILY NEWS**

Jogger has close run-in with coyote

CABOT TRAIL A man's early morning run along the Cabot Trail Tuesday turned into a potentially dangerous run-in with a coyote.

Glenn Fricker, a Neils Harbour resident, was jogging near Black Brook at about 8:25 a.m. when a coyote sprang from the woods and began to circle him.

"It just came down out of the woods, down over the bank. I could have kicked it, it was that close to me," Fricker said.

He yelled at the animal then pulled a flare gun out of his pocket. The coyote initially crossed the road, but Fricker was forced to fire the gun when the animal quickly returned.

Fricker estimated the coyote to be in the 50-pound range.

Derek Quann, a manager of resources for Parks Canada, said because the coyote was so aggressive, it will be destroyed.

Quann said public safety specialists would be in the field until they find the coyote.

CAPE BRETON POST



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A civil rights lawyer told MPs yesterday detainees handed over to Afghan authorities by Canadian soldiers are still at risk of torture. Paul Champ — who represents Amnesty International Canada and the B.C. Civil Liberties Association — testified at the special Commons committee on Canada and Afghanistan. **THE CANADIAN PRESS**

Canada



Tories fight NDP iPod levy plan

Conservatives are Canada's new iPod freedom fighters. Cabinet ministers and MPs are putting up a vigorous defence against the NDP's move to have a levy applied to all new MP3 players, hard drives and laptops. The money would theoretically go into a fund for Canadian music artists the same way as the current 29-cent levy on blank CDs and cassettes. The proposal is New Democrat MP Charlie Angus' private member's bill. So far, it has the full support of only the Bloc Québécois, not enough to pass the House of Commons. **THE CANADIAN PRESS**

Soaring loonie set to stay

Canadian dollar could hit parity with U.S. greenback any time: Economists

The high Canadian dollar appears to be here to stay despite what the Bank of Canada or inflation do to impact the currency.

Economists say the loonie, which jumped past 99 cents US yesterday, could hit parity at any time.

“... Canadian manufacturers and other exporters are learning to live with the higher dollar.”

Craig Alexander, TD

And unlike two years ago when the currency fell off the perch against the U.S. greenback as quickly as it had climbed, this time there will be no sudden retreat.

Under normal circumstances, tomorrow's inflation numbers should provide a downward draft to the loonie's flight.

The consensus of economists is for inflation, which hit 1.9 per cent in January, to fall all the way back to 1.4 per cent in February's

data.

That won't matter, however, says TD deputy chief economist Craig Alexander.

He says the markets have already priced in that inflation will be low going forward, as they have that the

Bank of Canada will likely move well before the U.S. Federal Reserve in raising interest rates.

Whether the loonie is slightly below parity, at parity or a little above, Alexander says the key point is that Canadians should expect the currency to remain strong for some time.

“What we're seeing,” he said, “is that Canadian manufacturers and other exporters are learning to live with the higher dollar.”

THE CANADIAN PRESS



The loonie sits on top of its American counterpart in Toronto in this 2007 file photo. Economists say the loonie, which was hovering around 99 cents US yesterday, could hit parity at any time.

Pot top drug used by Forces

TESTS Marijuana is the illegal drug of choice in the Canadian Forces, according to the first random tests of the entire military.

Almost one in 20 Forces members — 4.7 per cent — “recently” used illicit drugs, says the newly released study based on random urine samples. And the vast majority were using some form of cannabis, with cocaine, morphine and codeine far behind.

The results are based on 1,327 mandatory urine samples taken randomly, without notice, among all three services and across the country. Refusal to provide a urine sample could result in disciplinary action. **THE CANADIAN PRESS**



RCMP documents put René Lévesque in “suspected Communist” club.

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News in brief

EMERGENCY Some First Nations in northern Manitoba have declared a state of emergency and are looking to the

federal government for help after mild weather turned their winter roads into mucky quagmires. Grand Chief David Harp-

er, who represents northern aboriginals, said the Shamat-tawa and Red Sucker Lake reserves have declared a state of

emergency, while stockpiles of fuel and food in more than 20 other communities are dwindling. Only about one-quarter

of the supply orders placed by his communities have been filled, he said.

THE CANADIAN PRESS



Freda Williams

Patient, Women's Health Community Clinic

“I'm glad to have an IWK Women's Health Community Clinic close to home. It's so much easier for me to get the care I need when it's just around the corner.”



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Tories hire decorator for summits

SPENDING The federal Conservative government is poised to spend \$166,500 on a decorator for this year's G8 and G20 summits, even as it clamps down on spending in the face of a record deficit.

The Foreign Affairs Department has posted notice of a sole-source contract, saying it intends to hire Bruce Forster, a Vancouver interior designer who has decorated several of Canada's previous summits.

The \$166,500-contract is expected to be confirmed tomorrow, unless someone comes forward and challenges Forster's abilities.

The news comes as the Tories face criticism for alleged wasteful spending in some areas as they look to restrict spending in others to fight the soaring federal debt. **THE CANADIAN PRESS**

Canada-wide warrant issued for anti-Semitic graffiti

Police in Calgary have issued a Canada-wide warrant for an 18-year-old man over anti-Semitic messages spray-painted on mailboxes, signs at Jewish synagogues and a war memorial for Holocaust survivors. The suspect cannot be named because the offences were committed when he was 17. **THE CANADIAN PRESS**

Alberta ready to defend oilsands

The Alberta government will be rolling out initiatives over the next few weeks to combat "propaganda campaigns" against the oilsands, the province's energy minister told a business audience yesterday.

"We have seen our province and our industry under attack from well-funded international groups and that's not going to lessen. I think it's just going to simply escalate," Ron Liepert told the Calgary Chamber of Commerce.

"Our biggest challenge will be the one where outsiders attack our credibility, where well-funded international groups paint us as uncaring of the environment during a time of international environmental correctness."

The oilsands have been the target of fierce criticism from environmental groups, who say the industry guzzles too much fresh water, harms wildlife and emits huge amounts of carbon dioxide. Some of the most ardent opposition has been in the United States and Europe.

"We will not sit idly by and let those propaganda campaigns happen," Liepert said. "Our future success lies not in what we do within our own borders, but rather how we develop markets and sell ourselves outside of the province."

Canadians outside Alberta need to understand how development of Canada's oilsands positively affects their own finances through equalization payments and the creation of manufacturing jobs, he said.

"There's not a lot of product that goes into the construction of an oilsands plant that comes from Alberta," Liepert told reporters.

"A lot of them are manufactured in Ontario or Quebec and I don't think those provinces realize that as Alberta goes, they go."

When pressed on what precisely the new initiatives will entail, Liepert said: "You'll have to wait."

THE CANADIAN PRESS

Conservatives abandon fight to save political mail-outs

POLITICS The Conservative government has decided those lowly one-page partisan MP mail-outs that tend to wind up in household recycling bins may not be worth the fight after all.

A majority of MPs in the House of Commons voted

this week to ban mass mailings of "ten-percenters" outside their own ridings, directing the Board of Internal Economy, which controls internal Commons affairs, to "end immediately the wasteful practice."

The Conservatives argued

vehemently against the ban during a day-long debate and then voted en masse against the motion, which included a grab bag of other partisan jabs against the government in addition to the bulk-mail directive.

As late as mid-afternoon

yesterday, Prime Minister Stephen Harper was cleverly needling the opposition during question period with a response that appeared to suggest he supported the ban — but only if it applied to Liberal mailings.

THE CANADIAN PRESS

News in brief

ARCTIC SPAT A Canada-Russia showdown over the Arctic appears to be taking shape. Russia has said it will aggressively pursue its interests in the Arctic. In a direct response, Canada says it will reassert its sovereignty over the Far North at an upcoming summit. **THE CANADIAN PRESS**

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Alberta New Democrats say a growing number of foreign workers in the accommodation and food services industries are being exploited by their employers, including not being paid for overtime, statutory holidays or vacation they had earned. **THE CANADIAN PRESS**

Police Taser use to change

Ontario to announce new guidelines following review

Ontario is poised to revamp its guidelines on the use of Tasers by police.

The changes are expected to be made public March 30, sources say, about two years after the governing Liberals launched a review of Taser use in the province.

Tasers have become an increasingly common tool for police across Canada, leading some critics to question whether the rules governing their use are adequate. They have been in use in Ontario since 2002.

Currently, only tactical officers and supervisors are allowed to carry Tasers in Ontario, but the government is being urged to make them available to all front-line police officers.

It's among the recommendations made by the police standards advisory committee, a group of representatives from police groups and municipalities within the ministry tasked with providing advice to the government about the use of stun guns.

Ontario is already considered to be a Canadian leader in regulating the use of stun guns, said Larry Molyneux, president of the Police Association of Ontario, which has a seat on the committee.

"What we're doing is actually just tightening it up in relation to training and regulations," he said.

Police organizations have long advocated for all uniformed police officers to be allowed to carry stun guns — otherwise known as conductive energy weapons — arguing they're less lethal than guns and will save lives. Uniformed police, rather than supervisors or tactical officers, are usually the first on the scene, Molyneux said. In some rural areas of the province, it can take up to an hour to respond to a call.

"When you have a radio call and you're involved in a situation where you might need that CEW at the very onset, you don't have time to wait for somebody that carries one," he said. "So what we want is the first responding officer to have the option of using that CEW."

Some complain that Tasers are being used by police to subdue uncooperative people even when they don't pose a threat, while others maintain

they're a useful tool if officers are properly trained and held accountable.

Officers who carry them must undergo a two-day training course and follow guidelines that fall in line with the so-called "use of force" model that's taught to all police personnel, according to the Ontario Provincial Police Association. At least 20 people in Canada are known to have died after being struck with a Taser.



Tasers have been in use in Ontario since 2002.

Review reveals Kandahar governance pushed to brink

OTTAWA An extraordinary set of quarterly campaign reviews, prepared by Canadian Forces Expeditionary Command over several months, paint a startling picture of the civilian administration in Kandahar province where Canadian troops operate.

Newly released Canadian documents reveal governance in Kandahar was pushed to the brink by Taliban bombs and assassinations last spring, an onslaught that at one point saw provincial council members temporarily abandoning the region.

The events of last spring

may well foreshadow the kind of battle likely to be fought in the province this spring.

The censored reports were stand in contrast to the measured, sanitized quarterly reports released by the Conservative government.

Casualties among Canadian

and NATO forces always grab headlines back home, but what often goes unappreciated is the carnage taking place on the streets of Kandahar as the Taliban systematically attempted to decapitate the local government.

THE CANADIAN PRESS

Casualties

On April 1, 2009, four suicide bombers, disguised in army uniforms, detonated a truck bomb and stormed the provincial council office, killing 17 people and wounding another 17.

News in brief

UNIVERSITY Ontario is the latest jurisdiction to jump in with plans to launch the province's first fully online university, and that has educators urging stu-

dents to weigh their options carefully before deciding to turn their computer into a classroom.

THE CANADIAN PRESS

Mobius Environmental Awards

Call for Nominations

Do you know, or are you, an innovative individual or organization that has made Nova Scotia a leader in waste reduction? RRFB Nova Scotia is now accepting nominations in the following Mobius Environmental Award categories:

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The Mobius Environmental Awards luncheon will be held June 2, 2010 at Pier 21 in Halifax. **Let's recognize those who help Nova Scotia be a global leader in waste diversion!**

For details on nomination procedures or to download the nomination form, please visit www.rrfb.com/mobius or call 1-877-313-RRFB (7732).



DEADLINE FOR NOMINATIONS IS APRIL 30, 2010.

World

World revellers get green light to party

Dancing Dubliners and New York City parade-goers wearing kilts and green body paint, led the world in celebrating St. Patrick's Day yesterday along sun-warmed parade routes.

As many as a quarter-million marchers headed up Manhattan's Fifth Avenue for the world's oldest and largest St. Patrick's Day parade, just as crowds gathered along parade routes in Dublin and cities around the country to mark the emerald-hued holiday.

It was expected to be a mix of lighthearted cheer and serious politics at the White House, where President Barack Obama was meeting with Irish Prime Minister Brian Cowen.

Obama noted that 36 million Americans claim Irish ancestry. "I'm sure more do on St. Patrick's Day," he said, adding, "It's a testament, I think, to how close our two coun-



People enjoy the St. Patrick's Day parade in Dublin, Ireland, yesterday. Hundreds of thousands of people marked the national day at more than 180 events across the country.

tries are that America has been shaped culturally, politically, economically by the incredible contributions of Irish Americans."

Across the Atlantic in Dublin, more than a half-million people lined the three-kilometre route of the flagship parade beneath unusually sunny skies. The parade's theme "The Extraordinary World" celebrated Ireland's in-

creasing multiculturalism as well as the global spread of the Irish.

Mixed in with the usual displays of U.S. marching bands and Irish sporting heroes were dancing troupes from Africa and India, bands from Austria and France, giant insect floats from Spain, and Dubliners dancing with mops and dusters.

THE ASSOCIATED PRESS

U.S. fertility clinic raffles free eggs to U.K. couples

LONDON An American infertility clinic seeking business in Britain has prompted criticism by offering free eggs from a U.S. woman to a participant at a London seminar.

Yesterday's event has sparked debate in Britain about the ethics of what many say violated the spirit, if not the letter, of a European Union law forbidding fertile women from being paid for their eggs.

British egg donors cannot be compensated for more than \$384 US per month for travel and time off work. The rule limits the number of donors and makes it difficult for infertile women to obtain eggs in much of Europe. However, it is not illegal for Europeans to pay for eggs over-

seas. For years infertile European women have travelled to America or other countries for eggs.

As part of a marketing push in England, Virginia-based Genetics and IVF Institute held the free seminar for British couples saying one participant would win donor eggs.

A donor must undergo a month-long treatment that involves injecting herself with hormones to stimulate the ovaries and then undergoing a procedure to retrieve several eggs.

The clinic's prize is worth \$10,000, which covers donor fees and medical costs.

THE ASSOCIATED PRESS

Five arrested in child's kidnapping

SPAIN Police have arrested five people in the kidnapping of a five-year-old British boy in Pakistan, and recovered more than \$150,000 in ransom money, authorities said yesterday. According to police, three people — two of whom collected the ransom in Paris — were arrested in the town of Constanti, in Spain's Catalonia region. The other two arrests were made in Paris.

THE ASSOCIATED PRESS



Surrender leads to police breakthrough in Berlin poker heist.

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News in brief

DUBAI A string of steamy text messages landed an Indian couple in jail in Dubai, in the latest case of passions clashing with law in the modern but

conservative Gulf city. **ALASKA** An Alaska veterinarian will examine whether two wolves shot by officials this week were the animals that

killed Candice Berner, a 32-year-old teacher out jogging alone on a rural village road earlier this month.

THE ASSOCIATED PRESS

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Cheetahs have been seen in southern Angola for the first time in three decades since the now-ended civil war devastated the animal's habitat, a conservation group said yesterday. Cheetahs prey on deer and buck that have also returned to the 1.6-million-hectare Iona wilderness area, bordering Namibia. **THE ASSOCIATED PRESS**

Taliban use fear in bid to regain lost town

Their weapon is fear — and it's paying off.

A month after losing control of their southern base in Marjah, Afghanistan, the Taliban have begun to fight back, launching a campaign of assassination and intimidation to frighten people from supporting the U.S. and its Afghan allies.

At least one alleged government sympathizer has

been beheaded.

And there are rumours others have been killed.

Marjah residents have been waking to letters posted on their doors warning against helping the troops.

Marjah, a former Taliban stronghold in Helmand province, 580 kilometres southwest of Kabul, was captured by U.S., Afghan and NATO troops in a

"Dislocating the insurgents physically was easy. Proving that were here ... to help is a lot harder."

Lt. Col. Jeff Rule

three-week assault.

Military commanders believe the Taliban campaign is achieving some success

because of questions raised at town meetings:

- Do the U.S. forces want to shut down the mosques and ban prayer?
- Will they use lookout posts on their bases to ogle women?
- Are they going to take farmers' land away?

"Dislocating the insurgents physically was easy. Proving that we're here to stay and to help is a lot

harder," said Lt. Col. Jeff Rule, head of operations for Marines in Helmand.

There are no firm figures on how many Taliban are left in Marjah. But their influence is still felt.

New cellphone towers brought phone service to Marjah a week ago.

But the service doesn't work at night because the Taliban threaten or bribe tower operators to shut off

the network.

Some workers on canal-clearing projects have been threatened or beaten by insurgents.

U.S. troops are having some success in efforts to win over influential mul-lahs by offering to make repairs or install loud-speakers in mosques — work they hope would not be targeted by the Taliban.

THE ASSOCIATED PRESS

Ousted Thai PM now in Balkans

FUGITIVE Former Thai Prime Minister Thaksin Shinawatra, whose supporters are protesting in Bangkok, has arrived in Montenegro, the tiny Balkan state's police said.

Thaksin is a billionaire businessman who fled Thailand in 2008 ahead of a conviction on a conflict of interest charge for which he was sentenced to two years in jail.

Montenegrin police said Thaksin arrived from Dubai on his private jet. They said he has Montenegrin citizenship and they have no legal basis to arrest him.

Thaksin's supporters protesting for days in the Thai capital oppose the 2006 military coup that ousted him for alleged corruption and abuse of power. They are hoping to bring down Prime Minister Abhisit Vejjajiva's government.

THE ASSOCIATED PRESS

Voices Too many men in Ukraine's government, say women



Police detain Inna Shevchenko, a member of women's activist group FEMEN, in front of the cabinet office in Kiev, Ukraine, yesterday. Dozens of activists were protesting against Ukraine's new all-male government — and demanded posts for women.

Brazil chief at Arafat tomb

DIPLOMACY Brazil's president placed a wreath on the tomb of Palestinian leader Yasser Arafat yesterday and sharply criticized Israeli policies.

Making the first visit by any sitting Brazilian president to Israel and the Palestinian territories, President

Luiz Inacio Lula da Silva has termed the trip a mission of peace.

The visit appears aimed at helping Brazil emerge as a bigger player in foreign affairs.

Brazil could play a bridging role: the country is Israel's largest trading partner in Latin America, but also has close ties to Iran.

Silva showed "sympathy, understanding and support" to Palestinians, said Israeli Foreign Ministry spokesperson Yigal Palmor, but "courtesy, politeness and correctness" to Israel. "This is a divide we regret," Palmor said. Silva later travelled to Jordan, with a focus on boosting economic ties.

THE ASSOCIATED PRESS

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Pakistan lays terror charges, Americans facing life in jail

MUSLIMS A Pakistani court charged five young Americans yesterday with planning terrorist attacks in the South Asian country and conspiring to wage war against nations allied with Pakistan, their defence lawyer said.

The men — all Muslims from the Washington suburb of Alexandria, Va. — pleaded not guilty to a total of five charges, the most severe of which carries a maximum sentence of life in prison, said defence lawyer Hasan Dastagir.

"My clients were in good shape and high spirits," Dastagir said.

The men, all in their late teens or early 20s, were charged by an anti-terrorism court inside a prison in Sargodha, the city in Punjab province, where they were arrested in De-

"My clients were in good shape and high spirits."

Defence lawyer
Hasan Dastagir

cember.

They were reported missing by their families in November after one of them left behind a farewell video showing scenes of war and casualties and saying Muslims must be defended.

Their lawyer has said they were heading to Afghanistan and had no plans to stage attacks inside Pakistan.

The court also charged the men with planning attacks on Afghan and U.S. territory, said Dastagir.

The charges did not specify what was meant by

U.S. territory but could be a reference to American bases or diplomatic outposts in Afghanistan.

The men also were charged with contributing cash to banned organizations to be used for terrorism and with directing each other to commit terrorist acts.

"This last charge carries life in prison while the rest of the charges have lesser punishments," Dastagir said.

The trial will begin on March 31, and the prosecution is slated to present more than 20 witnesses, Dastagir said.

During past court hearings, the men have claimed they were tortured by Pakistani police and FBI agents. Pakistan and the U.S. have since denied those allegations.

THE ASSOCIATED PRESS

News in brief

PIRACY Somali pirates searching for a high-seas victim picked the wrong vessel to hijack. The EU Naval Force says pirates in two small skiffs yesterday made a fast approach toward the Tromp, apparently oblivious to the fact they were approaching a Dutch warship. Cmdr. John Harbour said the Dutch personnel fired several warning shots at the skiffs, which made a hasty retreat.

THE ASSOCIATED PRESS

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Comment

Machines and the social apocalypse

Relating

Steve
Collins

metronews.ca/collins

After more than a half-century of worries, warnings and studies about what our media habits are doing to us and our relationships, FCC chairman Newton Minnow's famous 1961 con-

demnation of the "vast wasteland" of network TV seems somehow quaint.

The TVs, computers and hand-held screens have since multiplied, enabling us to ignore each other any time and any place. Will we someday envy old-fashioned families who at least used to zone out in front of the same TV screen together, even as the Cassandras of the day prophesied looming social apocalypse?

The dire warnings, now a tradition unto themselves, continue. TV is making us dumb, lazy and distractible.

This month's issue of the Archives of Pediatric and Adolescent Medicine draws a direct link between the amount of time kids spend in front of their screens and the difficulty they have relating to real people.

Other studies have pointed to bedroom TVs as a cancer on relationships, eliminating family meals and interaction and short-circuiting the sex lives of couples. The more we let the machines into our lives, we're told, the less room there is for people.

Many nights, the

denizens of my own apartment (occupancy goes up and down) are firmly sealed in their own bubbles of laptop, iPod and TV, often in combination. Conversation is admittedly sporadic, but the teenagers, as far as I can see, have so far failed to completely degenerate into anti-social blobs.

Paradoxically, even as they seem unaware of each others' presence in the same room, they are often interacting with each other online.

Just how much whole-some family interaction is

enough? Sometimes at this age, shutting out one's family for a bit is an entirely desirable enterprise. I just had to do it with comparatively primitive technology like the Walkman. I wouldn't be surprised if bygone alarmists decried Gutenberg's printing press and the creeping effect of literacy on families, with kids' beaks buried in books and other signs of complete societal breakdown.

The grownups in our household, I have to admit, can easily be as plugged in and tuned out as the kids.

Many nights when it's just the two of us, we'll notice that we've each been clicking away on our computers and haven't passed a word between us in a couple of hours. We'll often take this as our cue to pull the plug, go out for a drink, sit facing each other and actually talk.

The time to worry is when you shut off all the screens, turn back to each other and find you have nothing to say.

Steve Collins offers his best guesses on relationships for Metro every two weeks.

Views

Prom wars: Out of the mouths of babes

FourthWave

Canice
Leung

metronews.ca/fourthwave

By now you have probably heard about the Mississippi school that cancelled a prom rather than let Constance McMillen, a lesbian student, bring her girlfriend and wear a tuxedo. She asked permission to attend as a couple, but when the school board sent out a memo declaring all dates should be of the opposite sex, the American Civil Liberties Union stepped in and ... you can guess what happens next.

Lots of people, straight and gay, are outraged at the school's actions. I'll spare you all the protesta-

tion, since it goes without saying the school is in the wrong — oh, never mind, I'll tell you anyway: It cannot deny a couple their coming-of-age ritual because they're gay.

Though McMillen clearly understands the social significance of her fight — that's why she's suing, isn't it? — she also seems bored explaining the situation to camera crews, exasperated that trodding on gay rights still happens in the year 2010.

Young Americans collectively yawn at the mention — among the under-30 set, about 80 per cent believe same-sex marriage is a private decision — so for McMillen and her peers, it's silly trying to explain something that's accepted

fact.

"For you to say that you can't bring someone of the same sex — well, for the gay people that means they can't bring their date," she told the Associated Press.

"That's really not fair to the people that are gay." Like, duh.

What a world, in which a teenager makes more sense of what "constitutional rights and liberties" are than the adults charged with teaching her these things. At its core, that's what high school is: A series of life lessons on how to be punctual, polite, committed, ambitious, thoughtful and critical adults.

That's why McMillen sought permission from

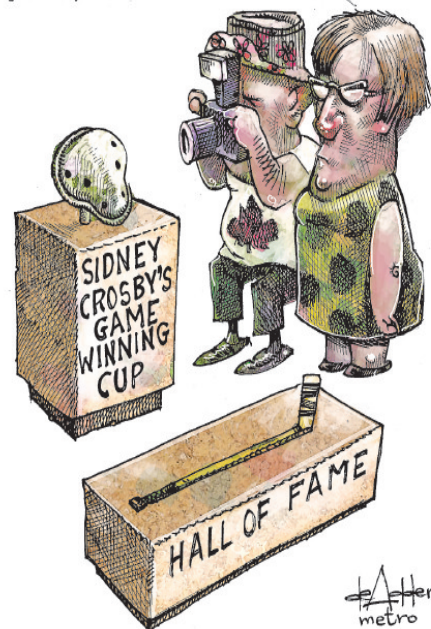
her teachers, knowing what the outcome might be even before she asked. That's how adults deal with life, right? By talking through their differences and confronting tough situations rather than avoiding them, by, say, cancelling a prom like a socially awkward teenager. Despite feeling guilty that she'd ruined everyone's year-end celebration, McMillen stoically returned to school, still proud of who she is.

She and her girlfriend are examples that courage and maturity can come at any age, and that students aren't the only ones who should learn a thing or two in high school. Like the saying goes, out of the mouths of babes ...

Canice Leung is a former editor of Ryerson University feminist magazine McClung's, copy editor at Metro, ardent feminist and loudmouth.

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Vancouver-based telecom company Telus Corp. said yesterday it will invest \$650 million to increase both the speed and coverage areas for its current wireless and land-based services in Alberta this year. **THE CANADIAN PRESS**

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Compensation **CEO gets more**



Johnson & Johnson gave its chief executive officer, William Wedon, 61, an 11 per cent increase in compensation in 2009, to \$25.5 million, according to Associated Press calculations, even though the health-care products giant cut thousands of jobs and saw its annual revenue decline. In November, Johnson & Johnson announced plans to eliminate about 8,000 jobs. But the company's stock performed well last year, rising 7.7 per cent.

Too much information

Geotagging raises privacy, safety concerns

As if knowing what your friend had for lunch wasn't enough, now you can see where she was eating it as well.

An increasing number of websites and social networking services are adopting geotagging, allowing users to include their exact location when they update their status or upload a photo.

But privacy experts warn there are dangers in haphazardly broadcasting your location to the world.

Tamir Israel, a staff lawyer at the Canadian Internet Policy and Public Interest Clinic, says users shouldn't use these services without first thinking about the privacy implications of telling anyone with an Internet connection where they are and where they've been.

Geotagging is fuelling the same debate about privacy that sites like MySpace and Facebook helped generate. Canada's privacy commissioner, who forced Facebook to make changes to its privacy policies, is already examining geotagging, says Israel.

THE CANADIAN PRESS

Blockbuster near bankruptcy

BLOCKBUSTER Shares of Blockbuster Inc. sank 30 per cent yesterday after the video rental chain warned that it may have to file for Chapter 11 bankruptcy protection in the U.S.

Competition from DVD-by-mail company Netflix

Inc. and DVD vending machines operated by Coinstar Inc. have eroded the Dallas-based company's revenue even as it staggers under a heavy debt load.

THE ASSOCIATED PRESS



Recession, web fuel boom in market for people's "stuff."

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Business in brief

ECONOMY The World Bank raised its China growth forecast this year to 9.5 per cent from nine per cent yesterday but said Beijing needs to cool inflation and possible bubbles in real estate prices.

PUBLISHING Transcontinental Inc. swung to a profit in the first quarter despite lower revenues as it confirmed it will receive more than \$100 million US in net proceeds from the sale of its U.S. direct mail business. The Montreal-based publisher and printer earned \$27.9 million, reversing a year-ago \$6.4-million loss after realizing the benefits of cost-cutting.

ENERGY Oil prices topped \$82 US a barrel yesterday after crude inventories grew less than expected last week, and the stock market rose on the Fed's promise to keep interest rates at record lows. Benchmark crude for April delivery was up 51 cents to \$82.21 a barrel on the New York Mercantile Exchange. **METRO NEWS SERVICES**



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13

Metro Homes



Unique

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JENNIFER BILL/FOR METRO CANADA

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Reduce, Reuse, ReStyle

JENNIFER BILL
for Metro Canada



Who says going green can't be gorgeous?

Incorporating sustainable materials into your home's design can make for attractive interiors that take it easy on the environment.

With the green movement continuing to grow and increasing emphasis on eco-friendly products, seeking design elements that use recycled products, redoing existing pieces and consignment shopping is all the rage.

"Companies are offering more products that have that designer look and feel to it and have that eco-friendly feel," says Marc Atiyolil, editor in chief of Canadian Home Trends magazine. "I think it's quite different from what it was 10 years ago. When you said eco-friendly and green, consumers

thought ... a back to nature look.

"I'm seeing companies being more innovative and coming up with more designer looks with recycled products."

Many stores today are showing one-of-a-kind eco-friendly art designs from such reusable items as newspapers, magazines, or discarded bottles — meaning less rubbish for the landfill. Atiyolil, whose next issue focuses on green decorating, says many are turning to consignment stores to modify existing pieces. Case in point: Grandma's traditional chair — it might not fit into one's decor, but change around the outdated fabric, reupholster and repaint, and a new piece is born.

"You still have family memorabilia but it now goes in a trendy space ... instead of in your basement with a cover over it," he said.

The Time And Again Bird House, Red Pagoda (\$78), is a home for the environmentally conscious flock, handmade from recycled wood and tins. Use it indoors as a quirky adornment or outside as a bona-fide shelter. Anthropologie, \$78, anthropologie.com.



The Grey Cabin (\$68) is made from recycled tins. Anthropologie, \$78, anthropologie.com.



This contemporary, Multy Home ash grey doormat is made from recycled rubber with nylon flock. Canadian Tire, \$16.99, canadiantire.ca.



Found objects, trinkets and cast-offs revel in their new role as exuberant participants in the Magpie Chandelier. Each is a bespoke creation crafted by hand of reclaimed materials — recycled plastic, galvanized wire and string. This celebratory fixture was created by the members of the Magpie Art Collective and handmade in South Africa. Anthropologie, \$5,000, anthropologie.com.



Light up a room or showcase a favourite object with the Bell Jar Table Lamp. The lamp is topped with a textured cotton shade, with a dome display base of hand-blown, clear recycled bubble-glass. West Elm, \$149, westelm.com.



To create this regal, papier mache animal head, the Zebra Savannah Story Bust is made of layers of repurposed cement bags, covered with vintage French book pages. Anthropologie, \$78, anthropologie.com.



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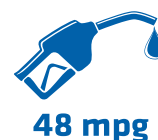
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Thursday, March 18, 2010

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16 metro homes

Columns archived online

For archived of both Karl Lohnes' Decor Moment and Sylvia Putz's Homescape columns, see Metronews.ca

Design nightmare to decor dream

DecorMoment

Karl Lohnes

metronews.ca/decomoment

To a movie buff, a flat screen television can be a beautiful thing. But to a decorator it can be their worst nightmare. Trying to incorporate a TV into a room (especially a small space) can be difficult as it is instantly made the focal point of a room.

If you must live with your television front and centre like I do, then there are a few designer rules to follow:

Incorporating a black television into your decor scheme: If the black television is the only black object in the room, then it will stand out like a sore thumb. I suggest adding a few other dark-toned decorative items to the room, like black picture frames, curtain rods, lampshades

"Trying to incorporate a TV into a room (especially a small space) can be difficult as it is instantly made the focal point of a room."

or small furnishings. The more black that get added around the room, the less obvious our flat screens will be.

Choose the right size television for the room: The screen should be a comfortable distance from viewing. You should sit eight to nine feet away from a 32" screen, 10 to 12 feet away from a 42" screen, 13 to 14 feet away from a 50" screen. Purchase a flat screen television that reflects the size of the room, not your ego, boys!

Hanging the television at regular picture height is too high: The middle of the television screen should be between 42-52



How to correctly hang your TV above a mantle can be quite tricky, but with a little work it can be perfect.

inches from the floor as opposed to artwork, which should be hung at 66 inches (from floor to middle). If you hang your television higher, then you will require an angle bracket to tilt the television to your eye level.

Don't compete with the fireplace: The television should be three to eight inches above the mantle (this rule is the same as if you were hanging a painting or mirror over a mantle too). For good proportion, the television should be approximately 3/4 the

width of the mantle. Anything smaller will look puny and anything larger will overshadow the fireplace.

TV stand favourites:

The **Vista pedestal** from CasaLife (casalife.com, \$850) turns your flat screen into a modern sculpture. Perfect for small spaces or placing a television in front of window.

The **Country Pine Console** from Sears (sears.ca, \$480) is a long, low pine cupboard which will house your television, but

also offers up a ton of storage. It will add casual country charm to a room and the extra storage is great.

Designer Tip

The wall that the flat screen hangs on is the perfect wall to paint a focal paint colour.

Deep-toned colours like charcoal grey or chocolate brown will help to create less contrast between the black television and the wall, making the television visually disappear in the room. Dark colours also add drama to the room.



Karl Lohnes is passionate about good decor and wants to help you have a beautiful home; no matter what your budget or style. Catch him on CTV's Canada AM



Time to start thinking about your garden

If you're a gardener or planning on landscaping this spring, be prepared to take a nature-friendly approach (if you haven't done so already).

Here are some nature-oriented landscaping and gardening trends that have become increasingly more evident over the last few years, and will be noticeably stronger this spring.

• **Lawns:** Lawns going, going, gone? Grass is becoming less popular because it's not an environmentally friendly option, since it sucks back a lot of water, requires cutting (usually with a gas-powered lawnmower), and the occasional dosing of fertilizer or bug killer.

• **Local:** Native plants and shrubs are appearing, rather than non-native plants that require extra watering, pest control and other ministrations. Low-maintenance flowers and other plants that grow without any help from us

in local meadows and fields are appearing in gardens.

• **Decks and patios:** To enjoy natural settings, decks or patios are a must. Natural stone pavers are appearing more often, with sand between them, to encourage drainage. Porous pavers are also appearing on the market, with the goal of allowing rainwater to soak into the soil. And don't forget the substantial, durable and comfortable outdoor furniture.

• **Growing food:** Vegetable gardens are coming back with a vengeance. Rising food prices have made

them more popular, as well as a wish to eat fresh organic foods.

• **Pests:** Some of the old-fashioned pest control methods that use spices such as cayenne, citrus oil or crushed mint are making a comeback. (There are a ton of natural pest control solutions on the internet.)

• **Mulch:** Mulch is big. It's a natural way to keep the soil

HomeScope

Sylvia Putz

metronews.ca/homescape

around plants cool, damp, and it inhibits the growth of weeds.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

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Mulch and vegetation gardening are coming back in a big way.

Screaming Eagle tapped for Briere trophy

Luke Adam of the Cape Breton Screaming Eagles has been nominated for the Michel Briere Trophy as QMJHL most valuable player. He is up against Gabriel Dumont (Drummondville) and Mike Hoffman (Saint John). **METRO HALIFAX**

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Sports



Flynn tapped for Lapointe Trophy

Dartmouth's Danny Flynn has been nominated for the Ron Lapointe Trophy (coach of the year) and Maurice Filion Trophy (general manager of the year) for the QMJHL's Golden Puck Awards on April 1. Flynn, last year's coach of the year, guided the Moncton Wildcats to a 48-14-6 record.

METRO HALIFAX

EDITOR: DON.MCHOULL@METRONEWS.CA

MacAulay gets a showcase

Cole Harbour left-winger goes into playoffs with top contender

MATTHEW WUEST
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Stephen MacAulay has a lot at stake in what many predict will be a lengthy QMJHL playoff run for the Saint John Sea Dogs.

The 17-year-old left-winger from Cole Harbour will hit the ice with the Sea Dogs — a first-place team that went 53-12-3 for 109 points — in the best-of-seven first round of the playoffs against the P.E.I. Rocket starting tomorrow in Saint John, N.B.

He's ranked 72nd among North Americans for the NHL entry draft by Central Scouting and hopes to prove himself as a worthy selection to scouts.

"It always helps if your team does well and if you're one of the last few teams remaining," MacAulay said.

"The further we go, the better chance I'll have of being drafted, so we'll see."

MacAulay, one of four Nova Scotians with the Sea Dogs, patrols the third line along with Danick Gauthier and captain Mike Thomas, who is currently suspended.

The six-foot-two 174-pounder's name isn't in the spotlight much with

the powerful Sea Dogs, but he's embraced the tasks assigned to him by head coach Gerard Gallant.

"I was given this role at the start of the year," said MacAulay, a former Cole Harbour McCains standout who had eight goals and 13 assists along with a plus-18 rating in 56 games.

"I knew I'd be a checking, energy, PK (penalty-killing) guy."

"I knew what I was getting into and I tried every day to focus on that and work on that instead of focusing on stuff I'm not asked to do."

The Sea Dogs, who had a sluggish finish with four losses in their last six games, don't expect it to be a cakewalk against the Rocket, despite winning the season series 5-3.

The Rocket hoped to be a top contender this season but didn't like the direction of the team and traded off star forwards such as Joel Champagne and Chris Doyle at mid-season.

They proceeded to better their record in the second half.

"They play well against us," MacAulay said.

"They're a good, structured team, they play hard, and we can't take them lightly, that's for sure."



Stephen MacAulay will hit the ice with the Saint John Sea Dogs in the best-of-seven first round of the playoffs against the P.E.I. Rocket starting tomorrow in Saint John, N.B.

Ex-Herd netminder gets Philly call-up

HOCKEY Former Halifax Mooseheads star goaltender Jeremy Duchesne has earned his first NHL call-up.

The Philadelphia Flyers have recalled the 23-year-old from the American Hockey League's Adirondack Phantoms because of an ankle injury to starter Michael Leighton. He is expected to back up incumbent Brian Boucher tonight when the Flyers visit the Dallas Stars.

Johan Backlund, who is the Phantoms' starter and ahead of Duchesne in the NHL pecking order, is also hurt.

The 2005 fourth-round draft choice of the Flyers

has spent most of this season in the ECHL and has a 3.20 goals-against average and a .904 save percentage in 19 starts.

Duchesne spent parts of three seasons with the Mooseheads and is tied for third in career victories with 49.

METRO HALIFAX

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Saint John at P.E.I., 7 p.m.

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SATURDAY GAME

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No need to worry, says Mooseheads boss

MATTHEW WUEST
matthew.wuest@metronews.ca

HOCKEY The theory often goes that young junior hockey teams get better and better as the season progresses.

So when the Halifax Mooseheads ended a rebuilding year mired in the longest losing streak of the season — a miserable 13 games — it stands to reason there might be a little bit of concern.

Not so, says head coach and general manager Cam Russell.

"For me and my coaching staff and ownership ... Everybody's pleased with the progress the players showed," Russell said.

He says the season unravelled slightly on Feb. 27 when the Mooseheads blew a 3-1 lead at home by



Mooseheads coach and general manager Cam Russell says he is pleased with the progress his team has shown this season, despite ending the year with a 13-game losing streak.

allowing three third-period goals to the Moncton Wildcats in a 4-3 loss that cost them their last remaining hope at a playoff spot.

The final six games were played on the road because of the Tim Hortons Brier

and a last-place finish had already been secured.

"The games after that, it was difficult to find motivation," Russell said. "It was discouraging and disappointing, realizing it was over."

Russell was most impressed with his group of 17-year-olds that includes Carl Gelin, Gabriel Desjardins, Alex Lemieux, Steve Gillard, Konrad Abeltshauser and Sawyer Hannay, as well as 18-year-old goaltender Mathieu Corbeil and 16-year-olds Brent Andrews and Jamie Bishop.

Those players form the nucleus of what the Mooseheads hope will be a Memorial Cup host — or at least a contender — in 2011-12.

"They had an opportunity to play and play lots to get some much-needed mileage," Russell said.

"We need those young guys to turn into good players next year and the year after and we don't want to put ourselves in this (total rebuilding) situation ever again."

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Woolstencroft wins second gold

Lauren Woolstencroft has her second gold medal of the Paralympic Games. The 28-year-old alpine skier from North Vancouver, B.C., won the women's standing giant slalom by more than seven seconds yesterday. **THE CANADIAN PRESS**

Using cocaine 'huge mistake': Texas manager

BASEBALL Texas Rangers manager Ron Washington admitted he made a "huge mistake" when he used cocaine and failed a Major League Baseball drug test last season.

In his first public admission, he apologized yesterday for his behaviour, eight months after he told Rangers president Nolan Ryan, who turned down Washington's offer to resign.

"I made a huge mistake and it almost caused me to lose everything I have worked for all of my life," Washington said at a news conference yesterday. "I am not here to make excuses. There are none."

Washington said he used cocaine only once and called it "stupid" and "shameful."

The failed test was first reported by SI.com.

Washington said he told the commissioner's office and Rangers officials about using cocaine before he had a routine drug test.

"He came forward and said he would resign," Ryan said.

"He understood the consequences. We had a lot of discussions and a lot of soul searching on it."

"He stood up to it. We felt like he was sincere and forthright. We are very disappointed by this. We are upset we were put in this position."

The 57-year-old manager met with his players earlier in the day and told them about testing positive.

"He was very emotional, you could tell that he's a broken man from this one bad choice he made," Texas star Josh Hamilton said.

THE ASSOCIATED PRESS



Ron Washington

Bosh sinks game winner

NBA RESULTS

Hawks 105 Raptors 106



Chris Bosh hit the game-winning shot with 2.1 seconds left as the Toronto Raptors rallied to beat the Atlanta Hawks 106-105 last night, ending a five-game losing streak.

The shot was one of the few bright spots for Bosh, who shot an abysmal 6-for-19 and finished with just 14 points and 10 rebounds.

The other came in the second quarter, when a layup made him the first player in franchise history to reach the 10,000-point plateau.

More importantly, the basket helped the Raptors (33-33) slow their descent down the Eastern Conference standings.

Once comfortably in fifth place, the Raps came in having dropped 10 of their last 11 to find themselves clinging to eighth in the conference.

Andrea Bargnani had 22 points and 11 rebounds to lead the Raptors.

Jamal Crawford had a season-high 33 points off



Toronto Raptors forwards Chris Bosh and Andrea Bargnani tries to defend Atlanta Hawks forward Josh Smith last night at the Air Canada Centre. The Raptors won 106-105.

the bench for the Hawks (42-24), who had won four straight and 10 of their last 13.

Al Horford had 18 points and 14 rebounds while Mike Bibby added 17

points and Maurice Evans 16. Trailing by three at the half, Atlanta used back-to-back threes from Bibby and Evans — along with some spotty Toronto shooting — to help build an

eight-point lead late in the third quarter. Evans added another three in the final minute to put the Hawks up 86-75 entering the fourth quarter.

THE CANADIAN PRESS

Bullpen battle heating up for Blue Jays

BASEBALL With less than three weeks until opening day, the Blue Jays' closer role is wide open.

But no matter how close the battle for the job may be, manager Cito Gaston insists the team will not have multiple closers entering the season. Left-hander Scott Downs and right-handers Jason Frasor and Kevin Gregg are competing head-to-head in an open audition.

"That's one thing that (pitching coach) Bruce (Walton) and I talked

about," Gaston said. "We'd like to see these three guys in competition with some good hitters. We're getting to the point where teams are getting down to their club. This week is really going to be a week where they're moving players out and getting their players ready."

The Jays' trio of bullpen amigos have pitched in the same game for four games in a row, but always in a

different order, the better to evaluate where they stand against one another. Recall that when Gregg was signed, he was promised a chance to win the closer's role.

What better way than this?

"I like the idea of competition; that's what drew me over here," Gregg said after his one shutout inning against the Orioles yesterday, in which his only blemish was a two-out walk. The Jays won 4-1.

"It's an opportunity to be on the field in a role that you want to be in. I think we're slowly working in the stuff, mechanically bouncing ideas off each other."

TORSTAR NEWS SERVICE



Nationals insist release of Elijah Dukes not about off-field issues.

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Sports in brief

BASEBALL Seattle pitcher Cliff Lee was suspended yesterday for the first five games of the regular season for throwing over the head of a hitter, possibly delaying his highly anticipated debut with the Mariners. Lee also was fined by Major League Baseball vice-president of discipline Bob Watson.

GOLF The manager for Jose Maria Olazabal says the two-time Masters champion will pull out of the tournament next month because he is suffering again from rheumatism. Sergio Gomez said yesterday that Olazabal has pain in his shoulder, forearms and hands and is unable to swing properly.

SOCCER Lionel Messi scored twice yesterday to lead defending champion Barcelona to a 4-0 victory over Stuttgart and into the Champions League quarter-finals. Barcelona won 5-1 on aggregate to ensure Spain has one team in the last eight with Real Madrid and Sevilla having been knocked out.

NFL NFL owners will vote next week whether to allow each team a possession in overtime in the playoffs if the team winning the OT coin toss kicks a field goal on the first series. Previously, the game would end whenever either side scores, as what happened in the NFC championship game in January, with New Orleans beating Minnesota a field goal.

THE ASSOCIATED PRESS

SCOREBOARD

NHL

YESTERDAY'S RESULTS

New Jersey 5 Pittsburgh 2
Calgary 3 Colorado 2
Chicago at Anaheim

TODAY'S GAMES

Pittsburgh at Boston, 8 p.m.
St. Louis at N.Y. Rangers, 8 p.m.
Washington at Carolina, 8 p.m.
Ottawa at Atlanta, 8 p.m.
New Jersey at Toronto, 8:30 p.m.
Buffalo at Tampa Bay, 8:30 p.m.
Phoenix at Florida, 8:30 p.m.
Minnesota at Nashville, 9 p.m.
Philadelphia at Dallas, 9:30 p.m.
San Jose at Vancouver, 11 p.m.
Chicago at Los Angeles, 11:30 p.m.

NBA

YESTERDAY'S RESULTS

Toronto 106 Atlanta 105
Charlotte 100 Oklahoma City 92
Cleveland 90 Indiana 94
Philadelphia 108 New Jersey 97
Boston 109 New York 97
Orlando 110 San Antonio 84
Dallas 113 Chicago 106
Houston 107 Memphis 94
Minnesota at Utah
New Orleans at Golden State
Milwaukee at L.A. Clippers

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Fashion in the prairies

Alberta Fashion Week begins Sunday (until March 27) at the BR& at the Banke. Designers will include Jason Matio, Andrew Majtenyl and Holly Allen. For more information, visit albertafashionweek.ca. **METRO NEWS SERVICES**

Style



The outdoorsy type

Men are looking to reconnect with nature and embrace their inner athlete this season with sports wear and casual chic looks on the runway. One of the most important ways for men to stay on top of their game is with that key accessory: A watch. Guess' latest Spring 2010 collection embodies this style, offering function and sporty durability. Pictured: Guess yellow band watch, \$280, far left, and Guess brown leather band watch, \$115, left.

METRO NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Cuckoo for clogs

The iconic '70s shoe is back on runways and on the street



Studded clog, \$59, Joe Fresh



Peep toe flower-print and beige Stuart Weitzman clogs, \$385 each, available at Holt Renfrew



Lace clogs, \$125, Aldo.



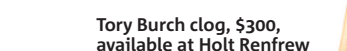
Prada clog, \$730, available at Holt Renfrew



Blue clog, \$65, available at Naot and Prairie Dog stores.



Camilla Skovgaard clog, \$795, available at Holt Renfrew



Tory Burch clog, \$300, available at Holt Renfrew



A model wears clogs as part of Chanel's spring/summer 2010 ready-to-wear fashion collection.

HEATHER BUCHAN
for Metro Canada



There's a new footwear craze ushering in spring: Clogs. Yes, that's right, they're back.

But before you choke on your latte while imagining donning a pair of humble Dutch-style all-wood shoes painted yellow, take comfort in the fact that 2010 clogs have been reworked into updated versions.

Those that marched down the runways in New York, Paris, London and Milan, featured luxurious suede and leather uppers, and ranged in styles, from Prada's leather sandal clogs to the stiletto clogs at Yves Saint Laurent, to the studded platform clogs (reminiscent of the '70s disco era) at Chanel.

Christine Carlton, divisional director of accessories at Holt Renfrew, who always has her finger on

the pulse of the latest trends, says, "It was definitely everywhere. It's the trend with every brand. The standard is the low wood construction, but many of the designers did create a high heel clog, which is obviously their take on it."

"A clog is very of-the-'70s and we're starting to see a little bit more of that boho chic," says Carlton, adding, "there's always different eras that many designers

go back to, and everything has a life cycle, so everything comes back over and over again."

Still, if the clunky look of the clog hasn't sold you on getting a pair for spring, perhaps their wearability will. "It's actually a comfortable shoe because it's a solid wood construction bottom," explains Carlton. Regardless, as Carlton points out, a trend is a trend and clogs are fashionable again.

Woodlawn Medical Clinic

is pleased to announce that they are relocating on March 22, 2010 to 92 Main Street, Dartmouth (above Lawtons Drugs)

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ian McKellan has revealed that filming for The Hobbit will finally get underway in June. The actor, who took on the role of Gandalf in The Lord of the Rings trilogy, posted on his website that filming will begin in the summer. FEMALEFIRST.CO.UK

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Conan film

Conan O'Brien is in early talks to film a documentary of his 30-city **Legally Prohibited From Being Funny on Television Tour**, reports Deadline's Mike Fleming.

EW.COM



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The White Stripes

Album: Under Great White Northern Lights **Label:** Warner
Rating: ●●●●●

IF CANADIANS

NEED another reason to feel pride post-Olympics, they should pick up The White Stripes' new DVD/CD chronicling the group's extensive 2007 Canadian tour. The CD, which can be bought separately, is where the musical meat resides. This disc is amazing to listen to — Jack White gives a shout out to Yellowknife, brings up his cousin on a Cape Breton stage during the song Prickly Thorn, but Sweetly Worn to play bagpipes — and it's a treat to simply know all this was recorded on Canadian soil. The disc covers the Stripes' entire catalogue, and they do it well, with all their gritty, intense rock on full display.

Bryan Borzykowski/for Metro Canada

Ghostkeeper

Album: Ghostkeeper
Label: Flemish Eye
Rating: ●●●●●

RECORDED IN

A number of public and private spaces and then stitched together as a sound collage, Ghostkeeper's second album is more like a warm, itchy quilt than any sort of Frankenstein monster. Built of Shane Ghostkeeper's varied and sporadic influences, the songs jump back and forth between an off-kilter, folk songwriting style, rickety bursts of indie rock, swampy blues-

guitar tangents and a surprising amount of concord between the unpredictable instruments, Shane's whiskey-soaked croak and Sarah Houle's recurring, feverish moan. The album's capricious movements tends to reach overwhelming levels at points, but it's this loose cannon mentality that gives these Albertans their distinction from virtually every other band out there.

Cam Lindsay
/for Metro Canada

Elizabeth Shepherd

Album: Heavy Falls The Night
Label: Right On Media
Rating: ●●●●

STRIVING FOR ECLECTICISM,

Toronto-based singer/songwriter/pianist Elizabeth Shepherd incorporates many genres and moods into tertiary full-length Heavy Falls The Night. From the plinky keyboard and jazzy feel of High through What Else with its '70s singer in a beatnik cafe aura to the simplistic rendition of Anne Murray's lilting Danny's Song, there's no lack of diversity. Still, while each track is performed brilliantly and Shepherd's voice is velvety-smooth, the plethora of styles explored would have greater impact were they divided up in bigger chunks: by album, not track. The overall lack of a unifying foundation winds up making

Earning your White Stripes

Heavy Falls The Night interesting but more esoteric than multifarious.

Keith Carman/for Metro Canada

Crash Karma

Album: Crash Karma
Label: E1 Entertainment
Rating: ●●●

IF YOU DIDN'T know it, the '90s are back. And to prove it, Edwin's teamed up with OLP's Mike Turner, Tea Party's Jeff

Burrows and Zygote's Amir Epstein to bring back all the sounds we haven't missed. This album is exactly what you think it would sound like — it's classic mid-'90s Can Rock, complete with Edwin's over wrought vocals and Turner's fancy, crunchy riffs. It's hard not to want to listen to this in your childhood bedroom.



Under Great White Northern Lights, available on CD and DVD, details The White Stripes' extensive 2007 tour of Canada.

but we're not kids anymore. It's a bland, unimaginative record with sounds that don't stand the test of time.

Bryan Borzykowski/for Metro Canada

rock bands out there, though it's not all a lost cause — Kill Me Carolyn is a frenetic, engaging riff rocker that'll remind you why you got into the band in the first place.

Bryan Borzykowski/for Metro Canada

The Whigs

Album: In The Dark
Label: ATO/MapleMusic
Rating: ●●●



HERE'S A PIECE of advice for all the bands out there — don't go on tour with Kings of Leon. Until the Athens-based trio The Whigs hit the road with the Follow will clan the group expertly delivered Replacements-meets-Pixies sounds. On the threesome's new disc the band has gotten brasher, more streamlined and, well, more Kings. It's becoming harder to differentiate the group from all the other

Frightened Rabbit

Album: The Winter of Mixed Drinks **Label:** Fat Cat
Rating: ●●●●

ON THEIR PREVIOUS

album, Scotland's Frightened Rabbit laid down some roots signalling they could do sweeping, anthemic rock selling misery instead of hope. The Winter of Mixed Drinks inches them even closer to the mainstream reverence and arena gigs of sonic peers like U2 and Coldplay. Where Frightened Rabbit have and will always differ from those two bands is their brutal honesty as songwriters. While they have sacrificed some of the grit and wretchedness that made them such a favourite among the indie set, this third album could very well attain the wider exposure this band was always destined for.

Cam Lindsay/for Metro Canada

If you treat your boss to a better cup of coffee are you still late?

Use the coupon above to find out.



TV Land rolling out first sitcom

TV When TV Land was launched in 1996, it was more than just another cable channel. It was a refuge where viewers could revisit old friends like Beaver Cleaver, the Clampetts and Sheriff Andy Taylor. It was a portal into a video past, a carefully tended landscape

of idealized TV.

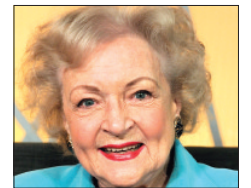
TV Land hasn't trampled on that landscape in the meantime. But, even so, the neighbourhood has been spruced up through the years. Consider Hot in Cleveland, a comedy series set for a June premiere. For the first time, TV Land is

producing its own original sitcom. But Hot should fit right into the neighbourhood. It's funny, comfy and a true-blue reflection of the shows that surround it.

It stars a bevy of grand dames of classic comedies: Valerie Bertinelli (One Day at a Time), Jane Leeves

(Frasier), Wendie Malick (Just Shoot Me) and the incomparable Betty White (Golden Girls). The premise is evergreen: Fabulous friends make an abrupt life change, cutting their Los Angeles roots to relocate in, of all places, Cleveland.

THE ASSOCIATED PRESS



Betty White

Summit scaling new peak for final Twilight

Sources say studio Summit is trying to up its pedigree for its big-screen adaptation of the final instalment of Stephenie Meyer's Twilight series; reaching out to top-notch directors, including Sofia Coppola, Gus Van Sant, and Bill Condon. EW.COM

Mikkelsen in the cards

Bond villain defying gods in Clash of The Titans

SZONJA KREZINGER
Metro World News



To film fans, Danish actor Mads Mikkelsen will always be Bond villain Le Chiffre — who blew the multi-million dollar poker game in Casino Royale. But in real life the 44-year-old actor is actually a rather good tournament level player. Metro caught up with him at a Unibet tournament in Hungary.

Q When did you start playing poker?
I've played poker

A for at least 25 years with family, friends, and enemies!

Q Did your poker skills play role in you getting the Le Chiffre role?

A No, they chose me as they thought I was a good enough as actor to play the role. It was just a bonus that I play poker.

Q Did the Bond role help your career?

A Of course, a lot. It was fantastic, playing a Bond villain is really something. I

was proud of myself I liked the movie too.

Q Your new movie, Clash of The Titans, is ready for release — what's it like?

A There was an original version made back in 1981 but I never saw it. I think Gods, especially Greek and Nordic Gods, are like us. They have greed, jealousy, love, hate ... I play a soldier in the movie who hates the Gods.



Mikkelsen

Q Ralph Fiennes and Liam Neeson were in the movie too. How many scenes did you share with them?

A I had a scene with Ralph Fiennes but he was hanging up there in the air and I was on the ground ... but I mainly worked with the soldiers, very good British and Irish actors.

Q Do you plan to keep acting for Danish cinema?

A Being Danish it is natural for me to act in Danish movies, and it is easier too.

Jessica's Beauty lessons

In The Price of Beauty, a new docu-reality series premiering Sunday on VH1, Jessica Simpson and her best friends, CaCee Cobb and hairstylist Ken Paves, travel the world learning the meaning of physical attractiveness as defined by various cultures — and find out blonde bombshell isn't the universal sex symbol. Here are a few other things Simpson found out.

She could never be a runway model

"Going to Paris, I had to walk a runway with all of these tall, skinny models. And I almost puked, I was so nervous," Simpson admits. "I mean, I can walk a red carpet, but walking a runway, I mean, I would be

the first to fall on my face. And thank God, I didn't. But I was so nervous to walk out there and be judged, to just put myself out there like that, especially standing next to people that eat just salad."

Good looks are in the eye of the beholder — literally.

"Originally I thought of a Moroccan woman living a repressed life, but after sitting and talking with these women, they're speaking to you through their eyes," Simpson says. "Their souls were just so intense and so beautiful. And, you know, it was all about their peace within and not what they look like on the outside."

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DID YOU KNOW? Metro Halifax reaches 131,500 readers over the course of 5 days? That's a heck of a lot of eyeballs!

Fresh: A celebration of Community Food and Spirit, Westin Hotel, Tuesday April 6, 6 p.m. to celebrate the Seaport Market summer 2010 opening. Includes 12-14 of Halifax's finest chefs preparing gourmet delights. Tickets \$75; call 429-7322. **VALERIE MANSOUR/FOR METRO HALIFAX**

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Signature Drink: Martini

There's a touch of elegance on Ochterloney Street. Nectar has a stunning lounge downstairs and a larger seating area upstairs. Several



Chocolate Crème Caramel (\$8)

people enjoy a leisurely Friday lunch.

My pal orders Soup of the Day (\$7) — a delicious spicy sundried tomato soup with jalapeno and tortilla chips — followed by a delicious Spicy Halibut

(\$15) seared and marinated. On the side is fresh and attractive Pear Cashew Salad — Bosc pears and organic greens with toasted cashews and Asian vinaigrette.

Our sweet potato fries

(\$4) are disappointingly dry and overcooked, so we only eat a few. The server kindly takes them off the bill.

My Warm Spinach Salad (\$5 as a side dish), organic baby spinach with smoked bacon, boiled egg and balsamic dressing, is perfect. I wouldn't order the Lamb Burger (\$10) again. Even though it is served with spinach, feta and red onion, the meat is dense.

We shouldn't have room for dessert but who can say no to the day's special chocolate Crème Caramel (\$8) with a wine reduction. Oh yum. Nectar is sweet indeed.

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for a recipe of June's Lazy Buns.



Dining out

CULINARY MAGIC The Lord Nelson hotel presents Night on the Douro, Saturday at 7 p.m., a sommelier-hosted tour of the historic wine region of Portugal. \$299 for two includes overnight stay, wine expertise, five-course dinner. 423-5130.

TUESDAYS = PRIXX-FIXX Brooklyn Warehouse, 2795 Windsor St., is offering "prixx-fixx" on Tuesdays from 5 p.m. to 10 p.m. You can order a choice of salad, appetizer, and main plate for \$27.95. brooklynware house.ca

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Selleck gunning for cop role

Magnum P.I. star Tom Selleck is in talks to play the lead role in an untitled CBS cop drama, according to The Hollywood Reporter. The pilot revolves around a family of New York cops. **TVGUIDE.COM**

Who's up for Toy Story 3?

Play time is over for Woody the cowboy, Buzz Lightyear and friends.

Toy Story 3, which screened Tuesday for theatre owners attending their annual ShoWest convention, poses a new question for the gang from the 1995 hit that launched computer animation into the feature-film world: Is there life for a toy after your kid grows up?

"Come on, let's see how much we're going for on eBay," laments John Ratzenberger's Hamm the Piggy Bank as he and the other toys ponder a lonely future, with their owner, Andy, heading to college and leaving them behind.

Though the film is not yet finished, with much of the animation still in rough form, the screening provided a sneak peek for one of summer's most anticipated releases.

"The youngest kids who saw Toy Story and Toy Story 2 when they first came out are now kind of heading off to college. That's the position Andy's in, so it's very strange and nostalgic for



Toy Story 3 director Lee Unkrich, right, and producer Darla K. Anderson get ready for the film's preview in Las Vegas Tuesday.

people to see this character that is part of their childhood kind of growing up with them and facing the same life changes," said Toy Story 3 director Lee Unkrich, who was a film editor on Toy Story and co-director on Toy Story 2.

"For anyone who's had a transition in their life — heading off to college, par-

ents sending their kids off to college, people getting out of college and heading off into the workforce. Those are major transitions. Our characters in their own way are dealing with similar transitions," Unkrich said in an interview after the screening.

For Andy's favourite playthings, Woody and

"The youngest kids who saw Toy Story and Toy Story 2 when they first came out are now kind of heading off to college."

Toy Story 3 director Lee Unkrich

Buzz (voiced again by Tom Hanks and Tim Allen), the transition threatens to end their long partnership as the toys argue over what steps would be best for their future.

Due in theatres June 18, Toy Story 3 also features returning voice cast members that include Joan Cusack, Don Rickles and Wallace Shawn. Among new voice co-stars are Whoopi Goldberg, Ned Beatty, Timothy Dalton and Michael Keaton.

Toy Story 3 is the 11th feature film from Disney-owned Pixar Animation, which recently won its latest Academy Award with last year's blockbuster Up.

THE ASSOCIATED PRESS

This machine kills conspiracy theories

DOROTHY ROBINSON
Metro World News

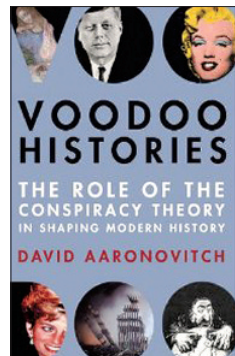
Pearl Harbor, 9/11. The assassination of John F. Kennedy. Many people don't believe what's recounted in the history books. In Voodoo Histories, British author David Aaronovitch takes on those conspiracy theorists.

Q Who do you think are more into conspiracy theories, Americans or the British?

A I would have said the Americans, particularly in the way your politics are so polarizing. But then along comes the Diana "murder," and we quickly lose our smugness.

Q Why do smart people believe things that are so far-fetched?

A The thing about conspiracy theories is they are more satisfying than real life. They take all of the messiness and accident and coincidence out and replace it



with something planned. So even if it's bad, it's still more reassuring that someone has planned something rather than it being so messy and awful.

Q What is the top theory you're surprised people believe?

A Sept. 11. (conspiracist) David Ray Griffin is a top theologian, but he can't see there isn't one kernel of evidence to support his theories.

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/18/10	31	31	31	ABC	News Center 5	World News	Inside Edition	Chronicle	FlashForward	Mark must meet with a therapist. (N)		Private Pract.
	7	7	7	ASN	The Road to Avonlea		Degrassi: TNG	TMZ (N)	FlashForward	Mark must meet with a therapist. (N)		Private Pract.
	11	11	11	CBC	Wheel Fortune	Jeopardy! (N)	The Nature of Things (N)		Love, Hate and Propaganda	CBC News: The National	The Hour	
	2	2	2	CBC-F	Pyramide (SC)	Union-Force	Virginie (SC)	Infoman (SC)	Enquete (HDTV) (SC)	3600 secondes d'extase (SC)	Le Téléjournal	
	32	32	32	CBS	WBZ News (N)	Evening News	College Basketball NCAA Tournament, First Round: Teams TBA.				College Basketball	
	69	69	69	CFTM	TVA nouvelles	Le Cercle (SC)	La Série Montréal-Québec		Dieu merci! (HDTV) (N) (SC)	Juste pour rire (SC)	TVA nouvelles	
	6	6	6	CHIF	Entertainment	ET Canada	90210 "Girl Fight" (N)		Bones (HDTV PA)	The Office (N) / Tucson	News Final (N)	
	9	9	9	CJCH	etalk	Access H.	Flashpoint (DVS)		The Vampire Diaries	CSI: Crime Scene Investigat'n	CTV News	
	10	10	10	ELTV	(6) EastLink Television				Podium TV	Community Matters		
	36	36	36	FOX	Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	Bones (HDTV PA)	Fringe "August"		Fox First
prime time	12	12	12	NBC	News (N)	NBC News	Access H.	Extra (N)	Community (N)	Parks/Recreat		Marriage Ref
	29	29	29	NW	(6) Power & Politics		The Lang & O'Leary Exchange		Connect with Mark Kelley (N)	CBC News: The National	Nature/ Things	
	4	4	4	PBS-B	PBS NewsHour (N)		Greater Boston	Basic Black	Viewers' Favorites	Viewers choose favorite shows.	Viewers' Favs	
	35	35	35	PBS-D	PBS NewsHour (N)		Business Rpt.	Worldfocus	Motor City Memories	Ed Sullivan's Rock and Roll Classics: The 60s		
	68	68	68	TQS	Guerre clans	Atomes croch	Big Brother QC	Rire et délire	Ouragan nucléaire (2007, Action)	Jamie Luner.	L'Attaque à 5	
	23	23	23	BNN	Business News		Market Call Tonight		GetConnected	Market Call	Business News	
	18	18	18	CNN	(6) The Situation	Room With Wolf	Blitzer (N)		Campbell Brown (N)	Larry King Live (N)	Cooper 360	
	54	54	54	GOLF	Golf Central	John Daly	Golf Arnold Palmer Golf Gala -- Front Nine.		PGA Tour Golf	Transitions Championship, First Round.		
	52	52	52	RSE	Connected W-Prime Time		NHL Hockey	Ottawa Senators at Atlanta Thrashers. (HDTV) (Live)		Overtime	Sportsnet Con.	
	55	55	55	SCOR	Score Today		College Basketball	NCAA Tournament, First Round: Teams TBA. (Live)		College Basketball		
news	45	45	45	SPD	Race in 60 (HDTV)		NASCAR	NASCAR Hub	Fast Track to Fame (HDTV)	Bullrun (HDTV)		Bullrun (N)
	53	53	53	TSN	Off the Record	SportsCentre	That's Hockey!	NHL Hockey	New Jersey Devils at Toronto Maple Leafs. (HDTV) (Live)		NHL Hockey	
	43	43	43	FAM	Suite/Deck	Suite/Deck	Han. Montana	Suite Life	Sonny Chance	Han. Montana	Wizards-Place	Latest Buzz
	44	44	44	TOON	Johnny Test	Johnny Test	Wallace & Gromit: The Curse of the Were-Rabbit (2005)				Futurama	King of the Hill
	26	26	26	TREE	Wonder Pets	3rd and Bird	Backyardigans	Night Garden	Waybuloo	Max & Ruby	Franklin	Babar
	27	27	27	YTV	iCarly	To Be Indie	iCarly	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like
	16	16	16	A&E	The First 48 (HDTV)		The First 48 (HDTV)				The First 48 (HDTV) (N)	Manhunters
	70	70	70	APTN	APTN National News (N)		Wopos Bay	By the Rapids	Flame	Moose TV	Die Hard With a Vengeance (1995, Action)	
	50	50	50	BET	106 & Park: BET's Top 10 Live Top		10 countdown. (Live)		Rip the Runway 2010		The Hustle (2003, Comedy), Drag-On	
	37	37	37	BRVO	Emily of New Moon		Storytellers	PhotoXplorers	Innovators	Writers	Framed for Murder (2007, Drama), Perry King	
sports	25	25	25	CMT	Meet-Wilsons	Wilsons	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim
	49	49	49	COM	Just for Laughs		Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park
	153	153	153	COURT	Truth, Duty, Valour		Killer Next Door		Video Justice	Dumb Criminal	Psychic Detect	Homicide File
	38	38	38	DISC	Cash Cab	How It's Made	Daily Planet (N)		Clash of the Dinosaurs (N)		Clash of the Dinosaurs (N)	MythBusters
	34	34	34	HGTV	Extreme Makeover: Home		House Hunters	Property Virgin	Holmes Inspection	House-Bryan	Real Renos (N)	House Hunters
	46	46	46	HIST	Ancestors	Ancestors	Pawn Stars	Pawn Stars	Ancient Discoveries	Ancestors	Ancestors	Nostradamus
	17	17	17	MM	Buffy the Vampire Slayer		Degrassi: TNG		Springbreak.10 Wild in Cancun.		Springbreak.10 Wild in Cancun.	disBAND
	19	19	19	MMM	mmtop10.ca		The Daily Fix		Ranked!		mmtop10.ca	Lionel Richie
	201	201	201	M1	(6:55) Chaos Theory ** (2007)				The Phantom (2009, Action) Ryan Carnes.		Is Anybody There? ** (2008, Drama)	
	48	48	48	OLN	Mantracker		Ghost Hunters		Destination Truth		Oper. Repo	Oper. Repo
family	51	51	51	PEACH	Friends	Seinfeld	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: Special Victims	Seinfeld
	206	206	206	PIX	(6:15) For the Moment ** (1993)				(8:20) Denver & Rio Grande (1952)		Hart's War ** (2002, War) Bruce Willis.	
	67	67	67	RDI	RDI monde	RDI économie	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)	
	39	39	39	SHOW	Trailer Park	Trailer Park	Relic Hunter		Voices (2007, Suspense) Amy Acker.		X-Weighted "Jamila"	
	40	40	40	SLICE	Whatever	Wedding SOS	Rich Bride Poor Bride		Star Trek: Voyager		Last 10	Last 10
	47	47	47	SPACE	Stargate SG-1		Stargate Atlantis				Human Target "Baptiste"	Lost (N)
	14	14	14	SPIKE	CSI: Crime Scene Investigat'n		CSI: Crime Scene Investigat'n		CSI: Crime Scene Investigat'n		Predator *** (1987, Science Fiction)	
	97	97	97	STAR	etalk	TMZ (N)	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)	Dr. Oz Show
	21	21	21	TLC	Say Yes-Dress	Say Yes-Dress	LA Ink (HDTV)		Police Women of Maricopa		Police Women of Maricopa	LA Ink
	56	56	56	34 TROP	Planet Soap	Comeback	Reality	Whatever	Family Guy	Family Guy	Seinfeld	70s Show
cable variety	20	20	20	TVS	Que.-champion	Journal de Fr2	Cuisines-Polymésie		Envoyé spécial		Geopolitis	Humanima
	28	28	28	V	Ekhaya -- A Family Chronicle		Murder, She Wrote		On the Buses	The Good Life	The Verdict *** (1982, Drama)	
	60	60	60	97 VIVA	Psychic Inv.	Ghostly Enc.	Cold Case		Missing (Part 2 of 2)		The Closer	Cold Case
	22	22	22	W	House-Sell	House-Sell	Supernanny		Love It or List It		Confidential	Divine Design
	251	251	251	WGN	WGN Evening News		Two/Half Men	Family Guy	The Vampire Diaries		Supernatural (HDTV)	WGN News

critics'corner

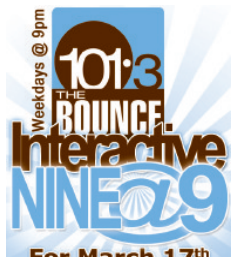
30 Rock

Liz (Tina Fey) keeps running into Wesley (Michael Sheen), causing her to question their decision. Tracy (Tracy Morgan) frets about his reputation when his children's former nanny writes a tell-all book. Jack (Alec Baldwin) takes steps to secure his position in the new cable company. Jack McBrayer, Scott Adsit and Judah Friedlander also star in the new episode "Don Geiss, America and Hope." 10:30 PM on NBC



Private Practice

Addison (Kate Walsh) has her hands full when two of Naomi's (Audra McDonald) former patients (Tessa Thompson, Robin Weigert) whose embryos were accidentally switched, as a complication puts both fetuses in jeopardy. Violet (Amy Brenneman) is on edge at the thought of facing Katie (Amanda Foreman) in court. Charlotte (Katie Strickland) lobbies for a position at Oceanside in "Strange Bedfellows." 11:01 PM on ABC ASN



For March 17th

- The Script - Break Even
- Trey Songz - Say Aah
- Justin Bieber Ft Ludacris - Baby
- Down With Webster - Your Man
- Ricky J - Whatta Night
- Hedley - Perfect
- Timbaland Ft Katy Perry - If We Ever Meet Again
- Adam Lambert - Whataya Want From Me
- Ke\$ha - Blah Blah Blah

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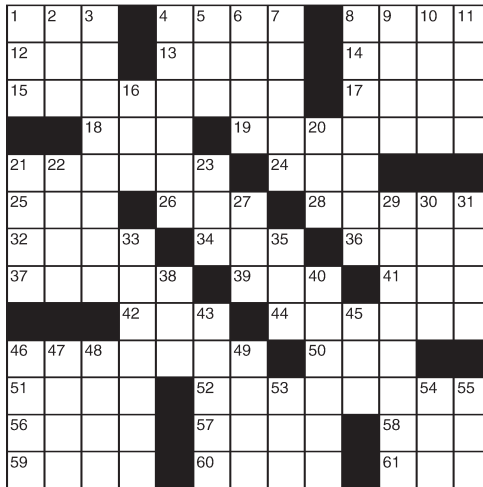
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ACROSS

1 Donkey
4 Difficult
8 Clenched hand
12 Cudgel
13 Hodgepodge
14 Formerly
15 Green onion
17 Stench
18 Began
19 Starting at the highest level
21 Diversion
24 Uncooked
25 Here (French)
26 Aries
28 Family branches
32 Fax cover-page word
34 Post-proof abbr.
36 Cry loudly
37 Melodies
39 Grumpy companion?
41 By way of
42 Hiatus
44 Suitor's intent
46 Annual publication
50 Zilch

51 Worms, maybe
52 Bundle of nerves?
56 Wheels of fortune?
57 Duel tool
58 Mine-car contents
59 Paradise
60 Entrance
61 Promptly

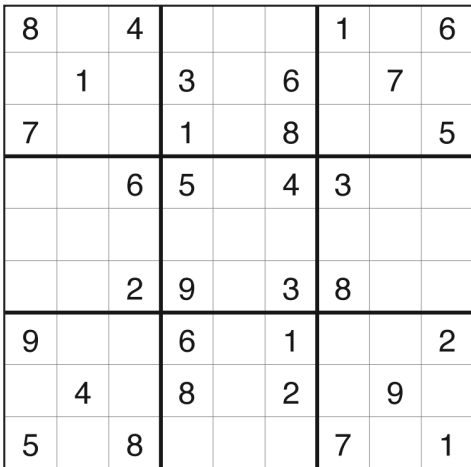
DOWN

1 Tummy muscles
2 Pouch
3 Mare's mate
4 Attorney General Eric
5 Foreman foe
6 Laugh-a-minute
7 Recipient's benefactor
8 Network of predatory relationships
9 —European
10 Garbage barge
11 Sea bird
16 Mainlander's memento
20 —de deux
21 Fissure
22 Beige
23 Online help page
27 Club —
29 Tent at an expo
30 Look-alike
31 Refinery waste
33 Explosive measure
35 Wall Street stat, with "The"
38 —Rafael
40 Eel type
43 Summoned on a beeper
45 Lubricant
46 Competent
47 Positioned
48 Marceau, e.g.
49 Guitar attachment
53 Ultra-modern (Prefix)
54 Acapulco gold
55 Fresh

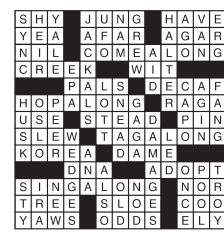
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

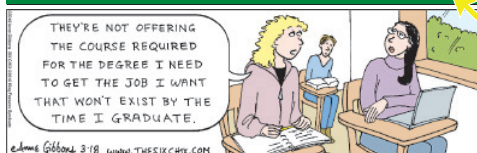
HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day



PHOTO BY SARAH POWELL

Zucchini and Bean Soup

Submitted by Karen Benevento, Brampton, ON

INGREDIENTS:

3 tablespoons olive oil
2 medium zucchini, cubed
1 medium onion, chopped
1 cup mushrooms, chunked
2 clove garlic, minced
2 teaspoons fresh thyme, chopped
salt and pepper
1 large tomato, diced
1 carton low sodium chicken broth
1 can beans (kidney, chick-pea or a mix), drained and rinsed

METHOD:

1. In large pot, heat oil over medium high heat.
2. Add zucchini and cook, stirring often, for about 3 minutes.

3. Add onion, garlic, mushrooms, thyme. Add salt and pepper to taste and continue to sauté, stirring to prevent vegetables from scorching, about 5 minutes.

4. Gently stir in tomatoes. Add broth. Bring to a boil, reduce to simmer and add beans.
5. Simmer until beans are heated through.
6. Serve with rolls or warmed hearty multigrain bread.

SERVES 4

PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES



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Horoscopes by Sally Brompton sallybrompton.comFor Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
You will try something totally outrageous today and friends and family may think you have taken leave of your senses.

TAURUS
APRIL 21-MAY 21
Someone will give you some excellent advice today, but for some reason you will refuse to take it.

LIBRA
SEPT 23-OCT 23
You may latch on to someone who appears to know what is going on — they are every bit as confused as you but they make a better job of disguising it.

SCORPIO
OCT 24-NOV 22
The planets indicate that what you are currently worrying about is irrelevant, so focus on what is still good in your world.

GEMINI
MAY 22-JUNE 21
As a Gemini you are used to doing half a dozen things at once but focus on doing one thing really well, and you'll shine.

SAGITTARIUS
NOV 23-DEC 21
You know what you want but you don't know how to get it. The cosmic picture is unsettled so circumstances may yet change for the better.

CANCER
JUNE 22-JULY 22
Say the wrong thing in the wrong way at the wrong time and you could find yourself out of favour with those who matter.

CAPRICORN
DEC 22-JAN 20
You will use what you know about a rival to put pressure on them today, but don't forget that you have a few weak spots as well.

LEO
JULY 23-AUG 23
Don't be too eager to point out other people's mistakes today or you could make an enemy of someone it would have been wiser to keep on your side.

AQUARIUS
JAN 21-FEB 18
You may be tempted to lash out at someone who deserves to be told what you think of them but don't go too far or you may spoil your relationship forever.

VIRGO
AUG 24-SEPT 22
Be careful if you decide to pass on information that you have heard from a friend or work colleague today. Are you sure it's reliable?

PISCES
FEB 19-MARCH 20
Don't rush to get where you most want to go today — take your time and enjoy the scenery as it passes by.

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Looks like a rabbit, eats like a rabbit, it's an ... actress?

Amanda Seyfried sticks diligently to a raw-food diet that she hates, popeater.com reports. "It's intense. And sort of awful," Seyfried says in the new Esquire. "Yesterday for lunch? Spinach. Just Spinach. Spinach and some seeds." **METRO NEWS SERVICES**

entertainment **25****Celebrity Buzz****Spears single ... again**

ONE OF HER DANCERS, A PAP, HER AGENT. THIS GIRL MAY NEED TO LOOK FOR LOVE OUTSIDE HER ENTOURAGE Britney Spears has split from her boyfriend Jason Trawick, femalefirst.co.uk reports.

The singer reportedly ended her romance with the talent agent at the end of February following a year-long romance because they had been arguing constantly.

A source said, "They were fighting a lot and have not been getting along. They both just needed to take a break from each other. It wasn't working."



out."

Despite their split, Jason, 38, will still represent Britney through the New York-based entertainment agency, William Morris Endeavor Entertainment, where he works. This isn't the first time the pair have seemingly split. The 28-year-old pop beauty dumped Jason in January after learning he had been flirting with two women at Los Angeles' Roger Room bar before getting back together.

Britney — who has two sons with ex-husband Kevin Federline — and

agent Jason started dating in March 2009. They split briefly in August, but soon reconciled.

Since their romance began, Jason has proposed to Britney several times.

METRO NEWS SERVICES**Fierce autobiography**

HER NEW HAIR COLOUR IS OF GREAT EDITORIAL IMPORTANCE Kelly Osbourne is revisiting her book Fierce — which also contained self-help advice for teenagers



based on Osbourne's own life experiences — to include all the exciting things that have happened to her since it was published last September, femalefirst.co.uk reports.

"Last week I started a rewrite of my autobiography Fierce, which was released last year," she said.

"The publishers and I have decided it could do with updating after everything that's gone on during the past six months, like taking part in Dancing with the Stars, and the cover photo needs changing too — I had black hair then."

Osbourne — who has been in rehab four times to be treated for addiction to painkillers — admits she is more proud of the book than any of her other career achievements.

In the first version of Fierce, Kelly spoke candidly about how she was addicted to Vicodin by the time she was 17.

METRO NEWS SERVICES

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His friends envy him

BUT THE LADIES ENVY HER ... A LOT Gerard Butler says he expects Jennifer Aniston romance rumours to continue well after their new comedy The Bounty Hunter opens Friday, us-magazine.com reports.

"It will never be over. If Jen remains my friend, which I hope she will, anytime we would ever hang out in any way will be dating again," he told USA Today at the film's NYC premiere Tuesday.

At



the movie's London premiere last week, Aniston, 41, told BBC News that she and Butler, 40, had a "good, fortunate time" shooting.

"We clicked," she said. "It was just easy. There was no kind of pretension to break through. We were instantly like, 'Yeah, I like you!'"

Butler

said his friends were jealous that he got to work so closely with the actress, with whom he also gets cozy on the April cover of W magazine.

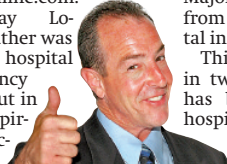
"I don't think I have to tell you what my friends said when I was working with Jen Aniston," he told BBC News.

"People love her. She's sexy. She's beautiful. My friends hate me that I get to (work with her), and they don't."

METRO NEWS SERVICES**Serious heart issues**

MEDICALLY, NOT METAPHORICALLY Michael Lohan has been rushed to a New York hospital for an apparent minor heart attack earlier this week, according to radaronline.com.

Lindsay Lohan's father was in the hospital emergency room but in good spirits, according to his girlfriend Kate Major.



"Right now, they've told him it looks like he had a minor heart attack, but they are still doing tests," Major told the website from the St. Francis Hospital in Manhasset, NY.

This is the second time in two weeks that Lohan has been rushed to the hospital with chest pains.

METRO NEWS SERVICES

Follow these celebrities on Twitter...

CelebTweets**TYRA BANKS** doesn't

care about the rules

anymore, **JAMIE****KENNEDY** feels cheated, **HEIDI****MONTAG** is easilyentertained, and **RUSSELL****BRAND** is getting free

advice.

@tyrabanks Committed the

ultimate model sin: a french

manicure. Models are

supposed to wear clear pol-

ish. But shoot, I'm retired!

@JamieKennedy I have to

give my Dr.72 hours notice

when i cancel appt, or im

charged, but when she can-

celed on me 1hr before i did-

n't free extra sesh. Is that

fair?

@heidimontag I love the US

Coast Guard so much! They

have the coolest gazelle heli-

copters that fly over our

house all the time. GO

NAVY! love you guys!

@rustyrocks A surgeon

who specializes in gender re-

versal just told me

I'd make a good

woman and

gave me his

card, like it was

a haircut.

METRO NEWS SERVICES**Didn't wish for death**

BUT SADLY IT FOUND HIM ANY WAY In the week since Corey Haim suddenly and tragically passed away, the outpouring of grief from his friends has been massive, popeater.com reports.

Now, ex-girlfriend Nicole Eggert is speaking out to Life & Style about the actor's troubled life, in quotes given exclusively to PopEater.

"He didn't want to die," Eggert says in the interview.

METRO NEWS SERVICES

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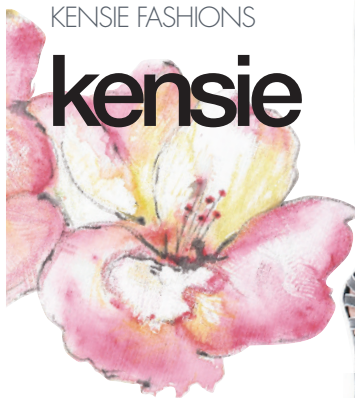
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He's a big shy softy

**GOOD THING IT'S HIS
JOB TO SPEAK IN FRONT
OF MILLIONS OF PEOPLE**

He may have blushed and seemed "uncomfortable" as he sat beside and kissed his girlfriend on The Tonight Show last week, but Simon Cowell is really "giddy" with when it comes to rumored fiancée

Mezghan Hussainy, people.com reports.

Cowell, 50, has been acting "teenagery and happy and light," British actress Amanda Holden tells People.

"They are like Tweedledee and Tweedledum. You can't separate them really."

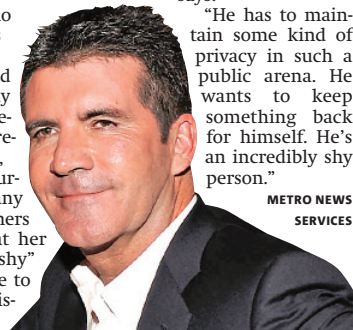
Holden, who is a Britain's Got Talent judge and CBS Early Show special correspondent, might surprise many Cowell-watchers by saying that her friend is "shy" and not prone to outward dis-

plays of his private thoughts.

This may explain why he and Afghanistan-born Hussainy, 36, have been so coy about their marriage plans.

"Apart from his mom (speaking about him), he's never really let on much about his private life," she says.

"He has to maintain some kind of privacy in such a public arena. He wants to keep something back for himself. He's an incredibly shy person."

METRO NEWS
SERVICESA change needed in
her dating patterns**MAY HAVE LESS TO DO
WITH AGE AND MORE
TO DO WITH LEVEL OF
SKEEZINESS**

Pamela Anderson wants to date an older man, female-first.co.uk reports.

The former Baywatch babe — who was previously married to Tommy Lee, Kid Rock and Rick Salomon and recently split from Jamie Padgett — wants to try

romancing someone her senior as she thinks it may be the way to a successful relationship.

Talking about the prospect of dating boy band JLS, the 42-year-old blonde said, "I'm sure they are way too young ... I need an older man, don't you think?" "I'm going to try that for once."

METRO
NEWS
SERVICES

Bad timing

**OR REALLY GOOD TIMING —
DEPENDS ON HOW HER PR PEEPS
SPIN IT**

Jennifer Love Hewitt's breakup with Jamie Kennedy comes just in time for the release of her dating advice book, The Day I Shot Cupid, but the actress tells People magazine she's no fan of being single.

"I don't like to go out to clubs and party."

"I'm not into 'Let's go out with one guy on a Monday and another guy on a Wednesday.' That's just not me," the "Ghost Whisperer" star says.

"I'm a relationship kind of girl. I like a twosome."

METRO WORLD NEWS



A brave new age

**MAKING FRIENDS WHERE EVER
HE GOES**

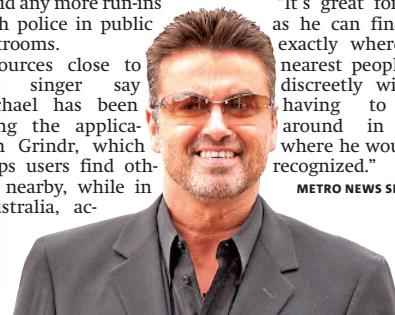
George Michael has reportedly been using a new iPhone application to make new friends, which should help him avoid any more run-ins with police in public restrooms.

Sources close to the singer say Michael has been using the application Grindr, which helps users find others nearby, while in Australia, ac-

cording to the Daily Star. "George has been using the application loads since he has been in Oz as he doesn't know the local spots," a source says.

"It's great for him as he can find out exactly where the nearest people are discreetly without having to ask around in bars where he would be recognized."

METRO NEWS SERVICES



Padma's baby

MAY ALSO BE ADAM'S BABY

Adam Bell is reportedly negotiating with Padma Lakshmi for more visitation time with their newborn daughter, Krishna.

The Texas-based Bell told guests a recent barbecue "how excited he was to raise her, but that Padma wasn't being entirely accommodating," sources tell Page Six.

A source close to Lakshmi retorted, "An agreement was made with the biological father that was very fair. It's unfortunate if anything inappropriate is being said." Official reps for Lakshmi and Bell have yet to weigh in.

METRO WORLD NEWS

entertainment 27

Celebrity Buzz

Sarah's a sucker for love

AND KEEPS FALLING FOR THE FUNNY ONES It's no joke, Sarah Silverman still believes in love after the end of her romance with Jimmy Kimmel, people.com reports.

"I'd like to find that person," the comedian, 39, tells Playboy in a new interview.

"I think Jimmy and I had every intention of spending the rest of our lives with each other. I love love. It's my top priority. Jimmy will tell you. I'm a good girl."

Silverman, who is now dating Alec Sulkin, a writer for FOX's Family Guy, says she and Kimmel gave it their best shot in their two stints together between 2002 and 2009.

"We were together for so long and tried our best to make it work," she says. "I can think of

him now and don't have that edgy feeling anymore. I just love him to pieces."

She



adds, "Sometimes loving each other isn't enough. You have to be responsible for your own happiness. You can't stay in a relationship because you're afraid of the unknown."

"But I will always love him. Sometimes I think maybe we'll die together in our old age or something."

Her new boyfriend apparently doesn't feel overshadowed by her old one.

"He was the one who told me to watch Jimmy's 10 at 10 on Leno the day after he did that," Silverman says.

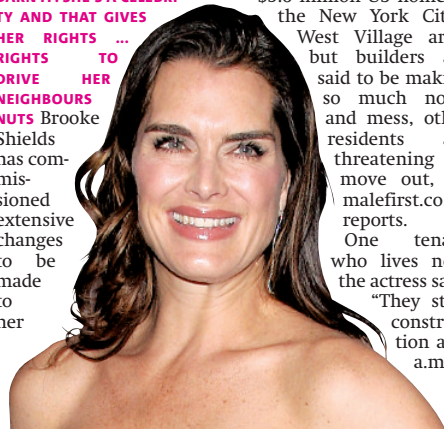
"He isn't ruled by ego; he's just himself."

METRO NEWS SERVICES

Bashing down the walls

DARN IT! SHE'S A CELEBRITY AND THAT GIVES HER RIGHTS ... RIGHTS TO DRIVE HER NEIGHBOURS NUTS Brooke

Shields has commissioned extensive changes to be made to her



\$5.6 million US home in the New York City's West Village area, but builders are said to be making so much noise and mess, other residents are threatening to move out, femalefirst.co.uk reports.

One tenant who lives near the actress said, "They start construction at 6 a.m.

every morning, and people are outraged.

"This has been going on for months, and people in surrounding buildings are threatening their property managers that they'll move out if it doesn't stop."

A group of residents reportedly confronted the renovation team but were told, "If you have a problem, take it up with Brooke Shields."

BLDG management, which leases many local apartments, has refused to comment on the troubles reported by the residents, including that the renova-

Brides and grooms to party Too much sharing

IS THAT LIKE A TARTS AND VICARS PARTY? When Heidi Klum and Seal renew their wedding vows again this year, party attendees will have to adhere to a very strict dress code, us-magazine.com reports.

"It's going to be all brides and all grooms," Klum told E! News.

"All of the women will be brides and all of

the men will be grooms." The supermodel and Project Runway host didn't offer much of an explanation.

"Just one day, I woke up and I was like, 'Oh, I know what I am going to do this year ... ' I like to have fun and I like to make it fun for my family and friends."

METRO NEWS SERVICES

SOMETIMES YOU DON'T WANT TO SEE EVERYTHING Judd Apatow doesn't want to see sex in 3-D.

The movie director, who has previously worked on films including Forgetting Sarah Marshall — where Jason Segal exposed his manhood — and Knocked Up, believes intimate scenes filmed using the technology is unnecessary, femalefirst.co.uk reports.

"I don't want

everything in 3-D because I don't want to be in the middle of everything," he said.

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tions have caused the sidewalk near the star's home to be closed.

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